metronews.ca | twitter.com/vancouvermetro | facebook.com/vancouvermetro

VANCOUVER metro®

NEWS WORTH SHARING.

SHARE JOY

LANCÔME
PARIS

Your exclusive **FREE** gift with any Lancôme purchase of $35* or more.

AN ESTIMATED $185 VALUE†

Starts today until Nov. 24, 2013

CHOOSE YOUR BAG

CHOOSE YOUR SERUM AND SKINCARE DUO

CHOOSE YOUR CLEANSER

CHOOSE YOUR MAKEUP DUO

AND RECEIVE YOUR EYE MAKEUP REMOVER AND MASCARA

Your Gift includes the newest and best-selling Lancôme products. The perfect holiday gift for someone special.

Sears
Make every day a great day.

*Before taxes.†Value based on Sears reg. price per mL/g. One per customer, while supplies last. Cannot be combined with any other offer. Components are subject to change.

NE112C113 © 2013. Sears Canada Inc.

SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 24

VANCOUVER metro®
NEWS WORTH SHARING.

WHISTLER
EARLY BOOKING OFFER

from $97 per person per night
whistlerblackcomb.com/bookearly / WHISTLER BLACKCOMB

'All you need is nonchalance'

Designer Isabel Marant brings her enviable brand of casual Parisian chic to H&M PAGE 25

I smell sex and ... Rob Ford

Ex-staffers say the troubled Toronto mayor consorted with suspected prostitutes: Documents PAGE 6

CAN'T CALL IN SICK

IN WHICH SHANNON, THE DISPOSABLE TEMP, IS FORCED TO WORK WHILE EVERYONE ELSE GOES HOME PAGE 17

From left: Larry Love, Deborah Bartosch, Charles English and Douglas Lidstrom, along with David Murray, not pictured, and Providence Health Care, have launched a constitutional challenge against the federal government after it blocked their access to heroin-assisted treatment.
DARRYL DYCK/THE CANADIAN PRESS

Feds sued over access to heroin for treatment

Charter rights. B.C. health-provider and five addicts launch constitutional challenge

When traditional treatment for heroin addiction just doesn't work, science has proven heroin-assisted treatment can help people like Vancouverite Larry Love live a stable, legal life.

But Love, along with four other patients and Providence Health Care, is now in a legal battle for his treatment after the federal government blocked special access to the drug in October.

Providence Health Care and the patients launched a constitutional challenge against the government's regulations on Wednesday, claiming they infringe on charter rights and could result in the death of addicts who may resort to illegal narcotics.

It's the first time Providence Health Care has taken legal action against the government, CEO Dianne Doyle said.

"It's unethical for us to do nothing," Doyle said. "It's a symbol of our commitment to the principle of social justice."

The right to the treatment stems from a Providence Health Care clinical trial called SALOME. It compares treating chronic heroin addiction with diacetylmorphine, the active ingredient in heroin, and hydromorphone, a legal substance.

For Love, one of 277 participants in SALOME, diacetylmorphine was the first treatment in 47 years that worked.

He and 20 others were approved under Health Canada's special-access program to continue to receive injectable heroin for 90 days after they exited the trial. The patients must be supervised and cannot take the drugs home, Dr. Scott MacDonald said, adding it's cheaper to treat addicts than to leave them on the streets.

But then federal Health Min Rona Ambrose announced new regulations to close "loopholes." The special-access program "was never intended to provide heroin to addicts," Ambrose said in October.

It's not clear what will happen after the 90 days are over.

Ambrose's office did not return a request for comment Wednesday.

Lawyers for the plaintiffs don't think the government has much of a case, as Health Canada scientists themselves approved special access before the minister got involved.

"It seems to me the government will be left to rely on political ideology rather than scientific evidence," lawyer Joseph Arvay said. EMILY JACKSON/METRO

enviro (TM), Make Good Money (TM), and Vancity (TM) are trademarks of Vancouver City Savings Credit Union. *Visa Int./Vancity, Licensed User.

IORIO CLASSIC ENGAGEMENT RINGS

IORIO
FINE JEWELLERY

GIA CERTIFIED DIAMONDS | FINE JEWELLERY | CUSTOM DESIGNS | WATCHES | REPAIRS

Available Exclusively At J&M Jewellery.

J&M JEWELLERY

Voted #1 JEWELLERY STORE in the 2011 and 2012 Reader's Choice Awards, Stars of Vancouver!

VANCOUVER SHOWROOM 127 E. Broadway, Vancouver, BC V5T 1W1 • (604) 876-7181
Plenty of FREE PARKING underneath our Vancouver store, entrance off 8th Avenue.

METROTOWN CENTRE 348 - 4800 Kingsway, Burnaby, BC V5H 4J2 • (604) 439-0753

IORIO.COM

Consumer's Choice Award Winner BEST LOCAL JEWELLER for 10 Years in a Row!

OPCC. Hearing ordered for cop who shoved disabled woman

The Office of the Police Complaints Commissioner (OPCC) has ordered a public hearing into the case of a Vancouver police officer who shoved a disabled woman down on a Downtown Eastside sidewalk three years ago.

Const. Taylor Robinson was caught on video pushing Sandy Davidsen, who suffers from cerebral palsy and multiple sclerosis, when she got in his way and then walking away without helping her up.

The Vancouver Police Department first proposed a one-day suspension for Robinson, which was rejected by the OPCC. The VPD then proposed a two-day suspension, which Robinson's lawyer called a "total insult."

The case will be heard in front of former B.C. Court of Appeal judge Wally Oppal, but a date for the hearing has not yet been set.

KATE WEBB/METRO, WITH FILES FROM THE CANADIAN PRESS

A frame from a June 2010 video footage showing a Vancouver police officer pushing a disabled woman, in red, to the ground.
SCREENGRAB/YOUTUBE

On the web

For more local news, go to metronews.ca.

Letter released. NDP accuses Liberals of pushing plans to dismantle Agricultural Land Commission

NDP Leader Adrian Dix has once again accused the B.C. Liberal government of secretly planning to dismantle the Agricultural Land Commission, an independent authority that protects more than four million hectares of cherished farmland throughout the province.

Dix released a new letter Wednesday from the Ministry of Agriculture asking the ALC to stop any decisions that would "fundamentally affect" the Agricultural Land Reserve.

"In October, Pat Pimm's deputy minister ordered the ALC to stop boundary improvement work in the Kootenays," Dix said. "Under the Clark government's secret plan to dismantle the ALR (Agricultural Land Reserve), land use decisions for the Kootenays would no longer be subject to existing ALC rules, and would be essentially handed over to the Oil and Gas Commission."

The NDP says the timeframe of the letter, sent on Oct. 4, 2013, matches up with the recent revelations exposed by the Globe and Mail that Minister of Agriculture Pat Pimm has been planning to "modernize" the ALC.

However Minister of Energy and Mines Bill Bennett said that was an older document and the provincial government has long since ruled out the proposal.

SAM SMITH/FOR METRO

Commission 'a go-to place for quick water access': Lawyer

Oil and Gas Commission. B.C. environmental groups go to court over water use for shale gas fracking

Eoin Madden, a climate campaigner with the Wilderness Committee, talks about sites indicated with dots on a map in northeastern B.C. where the provincial government has approved temporary water withdrawal for fracking.
DARRYL DYCK/THE CANADIAN PRESS

A coalition of environmental groups has filed court action against British Columbia's Oil and Gas Commission and energy company Encana Corp. over the use of water from lakes and rivers in hydraulic fracturing for shale gas.

The petition filed in B.C. Supreme Court on Wednesday claims the Crown agency responsible for regulating the oil and gas industry has been granting repeated short-term water permits for use in fracking — a violation of the provincial water act.

"The commission has become the go-to place for quick water access," Karen Campbell, a staff lawyer for the environmental justice group Ecojustice, said outside the courthouse.

"These short-term approvals are meant to be just that — short term, or two years. However, the commission has been granting these approvals repeatedly ... in some cases, these approvals have been granted for five years, allowing continuous water use."

The groups claim the commission has allowed up to a million litres of fresh water annually to be drained from lakes, streams and rivers to be mixed with chemicals and sand and injected under high pressure into the ground. The process shatters shale formations and coal beds to release trapped natural gas.

Ecojustice, which filed the lawsuit on behalf of the Sierra Club and the Wilderness Committee, said Encana has drawn 880 Olympic-sized swimming pools' worth of water over the last three years just from the Kiskatinaw River, which supplies drinking water to the city of Dawson Creek.

Eoin Madden of the Wilderness Committee said fracking raises concerns about venting, disposal of contaminated water, drinking well contamination and greenhouse-gas emissions.

Water is already drawn from 540 rivers, lakes and streams, he said, and there are plans for a huge increase in the amount of fracking in B.C.

Calgary-based Encana had no immediate comment.

Hardy Friedrich, spokesman for the commission, said the agency will review the petition. THE CANADIAN PRESS

Canadian Health Care Academy

- NOW offering the Access to Practical Nursing program - Days and Evenings!!
- Now open in SURREY!
- Practical Nursing and Access to Practical Nursing begin Dec. 2nd 2013 and Jan. 20th 2014!
- Free Registration in 2013!
- Health Care Assistant and Nursing Unit Clerk programs running monthly!
- All Practical Nursing pre-requisites are FREE in 2013!

Surrey 604-589-2422 New West 604-540-2421 • info@chcabc.com
Weekly open house Wednesdays 4-6pm • www.chcabc.com

Woodwork training program a hit in the Downtown Eastside

Tradeworks.
Non-profit organization breaks even for first time thanks to demand for their intricately cut Christmas ornaments

KATE WEBB
kate.webb@metronews.ca

This Christmas will be a special one for Toni Glick and the other women at Tradeworks, a unique trades training program in the Downtown Eastside for women facing multiple barriers to employment.

It's the first year since the program's inception in 1994 that its non-profit business has broken even, and it's all thanks to Glick's decision several years ago to design a set of 12 intricately cut Christmas ornaments using a laser engraver.

The women are now struggling to keep pace with orders for the wooden bobbles, which are made of 100 per cent discarded wood. Their clients are some of B.C.'s biggest businesses, including Telus, Lululemon and the Vancouver Art Gallery Store.

"She has an amazing sense of aesthetic," Tradeworks executive director Maninder Dhaliwal said of Glick Wednesday.

"I took these to the (Vancouver) Art Gallery … and they're like, 'Oh my God!'

"And I'm like, 'They're made on the Downtown Eastside.' They're like, 'We can't believe it!'"

Glick said before she came along six years ago, the shop produced mostly custom furniture, such as toy boxes and furniture for kids.

At the time, she was a struggling single mother who had moved to Vancouver from the U.S. She was well educated, but her marriage broke down shortly after she moved, she was on welfare and she had no friends or family to help her with her baby girl while she tried to get back to work.

Toni Glick, left, boxes a set of handmade 12 Days of Christmas ornaments, while Tradeworks trainee Andrea Rodriguez, centre, and employee Tania Mitchell assemble them in a Downtown Eastside workshop. KATE WEBB/METRO

Dhaliwal explained that the women at Tradeworks come from a range of backgrounds and deal with an array of challenges, from homelessness, mental-health issues and histories of sex work to language barriers and criminal records.

About 70 per cent who graduate from the initial 20-week training program find a job and stay employed.

The rest, if they are lucky, are accepted into a bridge employment program, which pays them to work in the carpentry shop and produce its popular artisan wares. Tradeworks trains 72 teens and women each year and employs a maximum of 12 in the bridge program at one time.

Dhaliwal said if they could triple their annual sales from $500,000 to $1.5 million, they would be able to employ all the women who come out of the training program and still need bridge employment experience to get on their feet.

"We knew nothing, like nothing, none of us, about business, at all," Glick said. "Now the problem is we can't keep up."

If you're going to wake up during the night, make sure it's for a good reason.
A.Vogel
Prostate
A.Vogel
Prostate 1
1 in 2 men over 50 suffers from the symptoms of Benign Prostatic Hyperplasia (BPH or enlarged prostate).
• Needing to go frequently, especially at night • Incomplete voiding • Erectile dysfunction
It can diminish your quality of life and that of your partner.
There is one natural remedy clinically proven and approved by Health Canada to treat these symptoms safely and effectively:
Prostate 1 Sabalasan
Made from organic saw palmetto, it can improve both your symptoms of BPH and your quality of life.
Designed by nature. Proven by science.
Find out more at www.avogel.ca
facebook.com/AVogelCA
twitter.com/AVogel_ca
A.Vogel
Pioneer in Natural Health since 1923

Making it easy to donate. Community centres to set up typhoon-relief boxes

Starting Thursday, there will be an easy way to feel even better about going to your local community centre for a workout.

The Vancouver park board has partnered with the Canadian Red Cross to set up cash donation boxes for people affected by Typhoon Haiyan in the Philippines.

The boxes will go in all 23 community centres across the city — including those embroiled in a legal battle with the board.

Donations made to the Canadian Red Cross before Dec. 9 will be matched dollar-for-dollar by the federal government.

Fundraisers to help the victims are taking place across Metro Vancouver, including a benefit concert in Surrey on Thursday night. **EMILY JACKSON/METRO**

A German Red Cross employee loads donations for typhoon victims in front of a cargo plane in Berlin on Wednesday. MICHAEL SOHN/THE ASSOCIATED PRESS

$17 million. Vancouver woman arrested over alleged Ponzi scheme

Mounties have arrested a 60-year-old woman accused of running a Ponzi scheme since 2006 and defrauding 14 investors of $17 million.

Rashida Samji, a former Vancouver notary public, allegedly collected about $40 million from more than 100 victims from 2010 to 2012 and paid them returns either from their own money or with funds from subsequent investors.

RCMP and the Vancouver Police Department began an investigation in early 2012 that led to 28 charges of fraud and theft against Samji.

She was released on $100,000 bail with 13 bail conditions. **KATE WEBB/METRO**

Skeena River

No survivors in boating tragedy

A desperate search for three missing boaters on the Skeena River turned into a tragic recovery mission Wednesday.

Two men and a woman were reported overdue after setting out Sunday.

Searchers found one body Tuesday night in the river near Frizzell Hot Springs. The remaining bodies were found Wednesday. **THE CANADIAN PRESS**

True virtue

Local cabbie returns $10,000

It could have been a $10,000 tip, but a Vancouver cab driver is being praised for reuniting a forgetful fare with a very precious package.

After tracking down the owner of an envelope stuffed with bills, cabbie Sarjinder Singh says the man offered him a $1,000 reward. The cabbie refused, insisting he was only doing his job. **THE CANADIAN PRESS**

Kenny Grant has volunteered to update Homeless Partner's website to allow anyone across the globe easy access to start their own Christmas giveaway. SAM SMITH/FOR METRO

Homeless Partners needs help to help the disadvantaged

Christmas gifts for the homeless. Group needs $10,000 to improve site and allow other cities in

SAM SMITH
vancouver@metronews.ca

Everyone should get a gift on Christmas, but for some people that's simply not a reality.

The city's homeless are often the most alone during the giving season, but a local group has been trying to change that for the past nine years.

"Everyone on the planet wants ... a sense of belonging," said Jennie Keeran, founder of Homeless Partners. "And when people ... feel like someone cares for them, it helps them to make better decisions and move forward in their lives."

Homeless Partners has volunteers who speak with homeless people around the city to collect their stories and ask them to create Christmas wish lists. They put those stories on their website and allow strangers to buy these people gifts.

Since it began in 2005, the organization has handed out 6,700 gifts around the Lower Mainland — but now they want to grow even bigger.

See it their way

"There's an old adage that says, 'An enemy is someone whose story you do not know.' ... This is a way for the community to connect."
Jennie Keeran, founder of Homeless Partners

Keeran needs $10,000 to improve the website to allow volunteers in other cities to easily organize their own version of Homeless Partners.

Local web designer Kenny Grant and a group of programmers have volunteered to help.

"I work near the Downtown Eastside, and there's so many homeless people around here," Grant said. "So I thought, you know, with my background and connections there's got to be some way I can help."

Grant is making good on that sentiment with a 72-hour code-a-thon with his team from Nov. 22 to Nov. 25, but they need help to fund the new software and hardware needed.

BC Ferries freezes exec wages, cuts bonuses

A ferry passes under the Lions Gate Bridge. JEFF HODSON/METRO FILE

BC Ferries has implemented a two-year wage freeze for executives, as well as cutting all bonuses for senior management.

The freeze comes just three months after it was revealed that BC Ferries ridership has been falling, yet bonuses were doubled for some senior executives — going up to roughly $130,000 in some cases.

"While the board strongly believes that the bonus plan ... has driven significant results in all areas of the company's performance, we have decided, at the request of the minister of transportation and infrastructure, to replace the plan with a salary holdback plan tied to achievement of financial and business results," said Donald Hayes, BC Ferries' board chair.

Starting April 1, 2013, the bonus plan for executives has been discontinued. A salary holdback will be implemented on April 1, 2014, in which senior managers' compensation will be held back and payable only when they achieve stretch targets set by the board.

President and CEO Michael Corrigan currently earns up to $563,000 after bonuses — the maximum legally allowed.

With the new changes, BC Ferries predicts a savings of up to $900,000. **SAM SMITH/FOR METRO**

Drugs, booze, drunk driving and now ... sex?

Rob Ford's day of shame. Just-released court document contains stunning claim about Toronto mayor and 'prostitutes'

A bombshell court document released Wednesday suggests people close to disgraced Toronto Mayor Rob Ford were concerned about his use of drugs and drunk driving.

But for the first time in the scandal it raises the issue of … sex.

The document reveals the aides were even worried about the presence of suspected "prostitutes" in the mayor's office.

The previously censored information comes from police interviews with former staffers of the mayor — in a document that contains allegations not proven in court.

Several of the staffers' allegations centre on the night of St. Patrick's Day last year, where a former staffer told police he saw Ford with another staffer, a friend and a young blond woman named Alana who he thought was "an escort or a prostitute."

The same woman had been seen with Ford at a stag party, ex-staffer Isaac Ransom told police.

Ransom told police Ford was drinking from a 40-ounce bottle of Smirnoff vodka and by the time he arrived at the mayor's office that night around 9 p.m. half of it was gone.

"Mayor Ford was totally out of it and had obviously been drinking," the police document quotes Ransom as saying.

Ford wanted to "smoke narcotics" with Alana and his friend but his staffers stopped him, Ransom told police.

Ford went to a bar and a friend of Alana's showed up, Ransom said.

"When he got up to leave he decided he wanted to go to the dance floor, so he went over, stumbled around the dance floor and fell down," the police quote Ransom as saying.

Another staffer, Chris Fickel, told police he heard that the mayor went back to city hall with three staffers, a friend and "two females that may have been prostitutes."

The mayor then started "crying uncontrollably," assaulted one staffer, pushed another and drove himself home. THE CANADIAN PRESS

A dramatic day in the life of a scandal

Rob Ford admitted for the first time to buying illegal drugs while in office.

- **Vote.** During an internationally televised meeting, Toronto city council voted overwhelmingly to have the mayor take a leave of absence.
- **Contrition.** "I really effed up," Ford said as the often-heated debate ended. "Apologizing and saying you're sorry, you can only say that so many times."
- **Next move?** The 37-5 motion, however, was non-binding, but its sponsor has said he would ask the province to step in if Ford failed to heed council's wishes.
- **Counter-move.** Just before the vote, Ford failed to introduce a motion that would have forced all councillors to undergo drug testing. The speaker ruled it out of order.
- **Defiance.** Ford repeated he would not resign or step aside to seek help. The "few isolated incidents" of substance abuse were due to "sheer stupidity" rather than addiction, Ford said.
- **Protesters.** Outside city hall, hundreds rallied and called on Ford to resign.

Mayor Rob Ford confronts city councillors in Toronto on Wednesday. NATHAN DENETTE/THE CANADIAN PRESS

Ford-speak

Rob Ford faced off with Toronto city council during a heated debate on a motion urging him to take a leave of absence. Here are some of the Toronto mayor's quotes from the meeting:

"Yes, I have."

After being asked whether he'd purchased illegal drugs in the last two years. Ford has been mayor of Toronto since October 2010.

"The reason I drank or did drugs was not out of stress, it was out of sheer stupidity."

After a councillor asked him whether he recognizes that some of his behaviour points to an addiction problem.

"I work with youth day in and day out and I've changed these kids' lives. I'm a positive role model."

When asked whether his decision not to co-operate with police sets a bad example. He said he was not talking to police on the advice of his lawyer.

"I understand the embarrassment that I've caused every resident in this city."

Saying his "mistakes" were of a personal nature.

"I really effed up and that's it."

At the end of the debate.

Keep up-to-date

Follow the Toronto scandal that has captured the attention of people all over the world.

- For the latest updates, visit metronews.ca.

Sordid case shines light on addiction

Graffiti lines sidewalk at Toronto City Hall. STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto Mayor Rob Ford's admitted alcohol and drug use have shone a glaring spotlight on addiction and substance abuse.

But have Ford's troubles raised the kind of awareness that is beneficial or harmful to the public's understanding of the disease and those struggling with their own booze and drug-abuse demons?

"I have never seen the issue of substance abuse get this much profile," said Rebecca Jesseman, a research and policy analyst at the Canadian Centre on Substance Abuse.

"I think that the fact that these questions and opportunities and dialogue are being raised is beneficial.

"What's important is to ensure that the light in which those discussions are being held keeps in mind the fact that substance abuse is a very real problem and it's a problem that is helped by our colleagues, our friends, by our family members," Jesseman said from Ottawa.

Ford has repeatedly denied he has an alcohol or drug addiction, and he did so again Wednesday as city councillors approved a motion to have him take a leave of absence.

Dr. Mark Ujjainwalla, an Ottawa addiction medicine physician, said Ford's extreme behaviour — including an obscenity-laden death threat secretly captured on video — is in line with many of the signs associated with alcohol and often drug abuse.

Quoted

"They're not bad people trying to get good. They're sick people trying to get well that need our help."

Dr. Mark Ujjainwalla

But the 25-year veteran of addiction treatment doesn't think the Ford saga has done much for the public perception of addiction.

"It has done absolutely nothing except to make it worse, because people are saying this guy's crazy, he's on cocaine, he's a bad person," said Ujjainwalla. THE CANADIAN PRESS

KIA VANCOUVER

Thank you for making us BC's #1 retail Kia dealer

kia.ca

DAILY DRAWS! ENTER EARLY TO INCREASE YOUR CHANCES OF WINNING!

KIA

WINTERFEST

CAR-A-DAY GIVEAWAY∞

60 CARS. 60 DAYS.

0%** FINANCING UP TO 84 MONTHS ON SELECT MODELS + DON'T PAY UNTIL SPRING

Only at Kia Vancouver.

Ask about our

NEW CAR BUYER'S PACKAGE:

- LIFETIME OIL CHANGES
- LIFETIME CAR WASHES
- LIFETIME AIRPORT SHUTTLE SERVICE
- LOCKING WHEEL NUTS
- NITROGEN FILLED TIRES

Forte SX shown△

THE ALL-NEW 2014 FORTE

HWY (M/T): 5.3L/100KM
CITY (M/T): 8.0L/100KM

WIN IT

OR

OWN IT FROM $96≠ BI-WEEKLY AT 0% APR + DON'T PAY UNTIL SPRING

Bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination and fees. Offer based on 2014 Forte Sedan LX MT with a purchase price of **$17,502**.

Sorento EX shown△

7 PASSENGER SEATING AVAILABLE

AVAILABLE ALL-WHEEL DRIVE

THE NEW 2014 SORENTO

HWY (A/T): 7.1L/100KM
CITY (A/T): 10.4L/100KM

WIN IT

OR

OWN IT FROM $156≠ BI-WEEKLY AT 0% APR + DON'T PAY UNTIL SPRING

Bi-weekly for 60 months, amortized over 84 months with **$0 DOWN PAYMENT.** Offer includes delivery, destination and fees. Offer based on 2014 Sorento 2.4L LX AT FWD with a purchase price of **$28,482.**

Rondo EX Luxury shown△

7 PASSENGER SEATING AVAILABLE

reddot design award winner 2013

THE ALL-NEW 2014 RONDO

HWY (M/T): 6.2L/100KM
CITY (M/T): 9.4L/100KM

WIN IT

OR

OWN IT FROM $125≠ BI-WEEKLY AT 0% APR + DON'T PAY UNTIL SPRING

Bi-weekly for 84 months with **$0 DOWN PAYMENT**. Offer includes delivery, destination, fees and **$750 LOAN SAVINGS**. Offer based on 2014 Rondo LX MT with a purchase price of **$23,482**.

5 Year Warranty

WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

Best Global Brand 2013 Interbrand

KIA ENTERS 50 BEST GLOBAL GREEN BRANDS

Best Global Green Brand 2013 Interbrand

Proud Partner madd Saving Lives, Supporting Victims

KIA

The Power to Surprise

Offer(s) available on select new 2014 models through participating dealers to qualified customers who take delivery by December 2, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. All o ers are subject to change without notice. Vehicles shown may include optional accessories and upgrades available at extra cost. All pricing includes delivery and destination fees up to $1,665, other fees and certain levies (including tire levies) and $100 A/C charge (where applicable) and excludes licensing, registration, insurance, other taxes and variable dealer administration fees (up to $699). Other dealer charges may be required at the time of purchase. Other lease and financing options also available. **0% purchase financing is available on select new 2013/2014 Kia models O.A.C. Terms vary by model and trim, see dealer for complete details. ¤"Don't Pay Until Spring" offer (180-day payment deferral) applies to purchase financing on select new 2014 models. No interest will accrue during the first 150 days of the finance contract. After this period, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. ≠Bi-weekly finance payment O.A.C. for new 2014 Sorento 2.4L LX AT FWD (SR75BE)/2014 Forte Sedan LX MT (FO54RE)/2014 Rondo LX MT (RN55TE) based on a selling price of $28,482/$17,502/$23,482 is $156/$96/$125 with an APR of 0% for 60/84/84 months, amortized over an 84-month period. Estimated remaining principal balance of $8,138/$0/$0 plus applicable taxes due at end of 60-month period. Over includes loan savings of $0/$0/$750. Retailer may sell for less. See dealer for full details. ∞NO PURCHASE NECESSARY. Phase 1 Entry Period ends December 2, 2013, at the close of regular business hours at participating Kia dealerships. Phase 2 Entry Period ends December 30, 2013, at the close of regular business hours at participating Kia dealerships. Open to age-of-majority residents of Canada. 60 Prizes (30 attributed to Phase 1 and 30 attributed to Phase 2), each consisting of a cheque that may range in value from $15,350 to $46,859. Odds of winning a Phase 1 Prize depend on the number of eligible Phase 1 Entries received before the applicable Phase 1 Draw Date. Odds of winning a Phase 2 Prize depend on the number of eligible Phase 2 Entries received before the applicable Phase 2 Draw Date. Skill-testing question required. For full contest rules and no-purchase entry details, visit www.kia.ca. ΔModel shown Manufacturer Suggested Retail Price for 2014 Sorento 3.3L EX AT AWD (SR75HE)/2014 Forte SX (FO748E)/2014 Rondo EX Luxury (RN756E) is $34,195/$26,195/$32,195. ^Highway/city fuel consumption is based on the 2014 Sorento LX 2.4L GDI 4-cyl (A/T)/2014 Forte 1.8L MPI 4-cyl (M/T)/2014 Rondo 2.0L GDI 4-cyl (M/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.

KIA

KIA VANCOUVER

KIAVANCOUVER.COM

604-326-6868

CORNER of CAMBIE and MARINE DRIVE

- 10 minutes from Delta • 15 minutes from Surrey
- 5 minutes from Richmond • 5 minutes from Burnaby
- minutes from Downtown

WE SPEAK YOUR LANGUAGE:

English, French, Cantonese, Mandarin, Korean, Hindi, Punjabi, Tagalog, Farsi, Romanian, Russian, Spanish, Italian

Sony Xperia® Z1
superphone

2-yr. term with
Voice & Data Plus plan

$199.95

$699.95 No term

Sony Xperia® Z Ultra
superphone

2-yr. term with
Voice & Data Plus plan

$199.95

$799.95 No term

Also available at these retailers:

BEST BUY mobile your phone, your way · COSTCO WHOLESALE · FUTURE SHOP · Tbooth wireless · THE SOURCE · Visions · WIRELESS etc... · WIRELESSWAVE

Offer ends
activation (
are firmly cl
that may le
on Google
Elysium: ©

Bell superphones just got better

Streaming entertainment with Sony on a super-fast network.

Experience a new waterproof[1] Sony superphone.

- Unbelievably beautiful full HD screens
- Amazing camera that captures breathtaking images
- Slim, sexy, all glass body
- Access to Canada's largest LTE network[2]

BONUS:

Get up to $170 in awesome entertainment. Movies, music, and Playstation Mobile games from Sony Entertainment Network.[3]

Visit a Bell store • 1 888 4-MOBILE • bell.ca

Available at the following Bell stores:

LOWER MAINLAND

ABBOTSFORD
- Sevenoaks Shopping Centre

BURNABY
- Brentwood Town Centre
- Crystal Mall
- Lougheed Town Centre
- Metropolis at Metrotown

CHILLIWACK
- Eagle Landing Shopping Centre
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- 600 113th Ave.
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

LANGLEY
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre
- Richmond Centre II

SURREY
- 13630 – 72 Ave.
- 8363 – 128th St.
- Central City Shopping Centre
- Clover Square Village
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre

VANCOUVER
- 1100 Robson St.
- 698 West Broadway
- 1588 West Broadway
- 1008 West Georgia St.
- 2154 West 4th
- Capilano Mall
- Chinatown Plaza
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal S.

OKANAGAN

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

VERNON
- Village Green Mall

VANCOUVER ISLAND

NANAIMO
- Country Club Centre
- Woodgrove Centre

VICTORIA
- 3500 Uptown Boulevard
- Bay Centre
- Hillside Shopping Centre
- Mayfair Shopping Centre
- Tillicum Centre
- Westshore Town Centre

November 25, 2013. Available with new activation within network coverage areas available from Bell Mobility; see bell.ca/coverage. Paper bill charge ($2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (SK: $0.62, NB: $0.53, NS: $0.43, PEI.: $0.70, QC: $0.40), and one-time device $35) apply. If you end your services early, a fee will apply; see your Service Agreement for details. Subject to change without notice. Taxes extra. Other conditions apply. (1) In compliance with IP55 and IP58, Xperia Z1 and Xperia Z Ultra are protected against the ingress of dust and are waterproof. Provided that all ports and covers osed, the phone is (i) protected against low-pressure jets of water from all practicable directions in compliance with IP 55; and/or (ii) can be kept under 1.50 metre of freshwater for up to 30 minutes in compliance with IP 58. The phone is not designed to float or work submerged underwater outside the IP55 or IP58 classification range ad to your warranty being void. Do not use device near water while charging.(2) Based on total square kms of coverage on the shared 4G LTE network available from Bell vs. Rogers' LTE network. See bell.ca/LTE for details. (3) Valid with the purchase of Xperia Z Ultra and Xperia Z1. Redemption requires Xperia Privilege app, available Play. This promotion begins Sept 16, 2013 until Dec 31, 2013; vouchers can be redeemed until Jan 31, 2014. Promotions may vary by market; titles are subject to change without prior notice. You must be 18 or older to redeem. Other terms and conditions apply, for more information visit sonymobile.com/entertainment. 2013 Sony Pictures Home Entertainment Inc. All Rights Reserved. Xperia is a trademark or registered trademark of Sony Mobile Communications AB.

Dennis Oland. Family stands by son accused of killing businessman dad

Members of a leading business family in Atlantic Canada that made its name in the brewing industry rallied Wednesday behind one of their own, publicly declaring they believe Dennis Oland innocent of murdering his father.

Oland, 45, made his first court appearance facing a charge of second-degree murder. His mother, wife, two sisters, a cousin and his uncle were in the courtroom in Saint John on Wednesday to show their support.

"We are devastated that this nightmare for Dennis and for all of us is going to continue," said a statement issued by his mother, wife and sisters. "We know that he will be found innocent in an objective and fair process in a court of law.

"We wish that the police would turn their attention to finding out who is really responsible for Dick's death."

Richard Oland, 69, was a well-known businessman and a member of the Order of Canada who was found dead in his office in Saint John in 2011.

He was a member of the family that owns Moosehead Breweries Ltd., but left the company in the 1980s and went on to work in the trucking business and at the Saint John Shipbuilding and Drydock Co.

THE CANADIAN PRESS

Quoted

"This situation truly is a tragedy for all of us who are part of the Oland family."

Statement released by Derek Oland, who ran the family brewing business after his brother, Richard Oland, left.

Derek Oland, right, brother of Richard Oland, arrives at provincial court in Saint John, N.B., Wednesday, where Dennis Oland, 45, who is charged with second-degree murder in the July 2011 death of Richard Oland, his father, made a brief court appearance. MIKE HAWKINS/THE CANADIAN PRESS

Jeffrey Baldwin was starved to death 11 years ago. CONTRIBUTED

Convicted grandmother to take part in inquest

Jeffrey Baldwin. Coroner says Elva Bottineau, who starved her grandson to death, is 'intimately and intricately' linked to case

A woman convicted of starving her grandson to death is "intimately and intricately" linked to the Toronto boy's case, a coroner said Wednesday in allowing her to participate at the inquest into his death.

Elva Bottineau was granted standing at the coroner's inquest probing the death of five-year-old Jeffrey Baldwin, who died 11 years ago in her care.

In his decision, coroner Peter Clark said standing must be given to anyone with a "direct and substantial interest" in a particular inquest.

"While the concept of Ms. Bottineau's participation at this juncture may be painful, I am bound to consider each application on its own merits, in a dispassionate and objective manner and with due consideration for the principles of fairness and natural justice," he wrote in the ruling.

"It may be that Ms. Bottineau has useful information to assist the jury, whether by testimony, questioning of witnesses or submission."

A lawyer presenting her application has argued Bottineau — as Jeffrey's caregiver and relative — has unique insights that could help the jury make its recommendations.

But the request was strongly opposed by lawyers representing the boy's surviving siblings and the office of Ontario's advocate for children and youth, who said allowing her to take part in the proceedings would grant her a soapbox to defend her actions and revisit her conviction.

THE CANADIAN PRESS

Back in custody

New trial ordered in controversial child-murder case

A former Quebec doctor ordered to face a new trial in the fatal stabbings of his children is in custody again.

Police in Quebec say Guy Turcotte surrendered Wednesday just hours after Quebec's top court ordered a new trial in the case.

Turcotte is the former cardiologist who was charged after his children were repeatedly stabbed one night in February 2009.

He was found not criminally responsible at his 2011 murder trial. The case made Turcotte a household name in Quebec and the verdict provoked a torrent of outrage.

THE CANADIAN PRESS

Montreal

Magnotta enters not-guilty pleas once again

Accused killer Luka Rocco Magnotta entered fresh not-guilty pleas on Wednesday ahead of a highly anticipated trial that is scheduled to begin in 10 months.

The accused is facing a first-degree murder charge and four other charges in the death and dismemberment of Chinese student Jun Lin in May 2012.

While Magnotta had already pleaded not guilty to the charges in a lower court in June 2012, murder trials are heard exclusively in Quebec Superior Court, where he appeared Wednesday.

THE CANADIAN PRESS

Investigate treatment of mom who killed kids, self: Medical examiner

There will be no inquest into whether a mother suffering from postpartum depression received the help she needed before she drowned her two small children and committed suicide.

Manitoba's chief medical examiner is recommending instead that the province's College of Physicians and Surgeons investigate the treatment 32-year-old Lisa Gibson received.

Police say Gibson drowned her two children — two-year-old Anna and three-month-old Nicholas — in their Winnipeg home's bathtub in July. Her body was found three days later in the Red River.

Dr. Thambirajah Balachandra said Gibson was suffering from postpartum depression and had seen a doctor.

"We looked into her treatment, the diagnosis and how she died, and came to the conclusion that the facts are fairly straightforward and clear," he said in an interview Wednesday. "Therefore, there was no need for a lengthy inquest."

Balachandra suggested the College of Physicians and Surgeons should "investigate the diagnosis, treatment and management of Lisa Gibson and take adequate action to educate the medical community to prevent similar tragedies in the future."

Balachandra wouldn't elaborate on what kind of treatment, if any, Gibson received.

Quoted

"It's a tragic situation where all three lives could have been saved."

Dr. Thambirajah Balachandra, Manitoba's chief medical examiner

"The special thing about postpartum depression is that it comes only after pregnancy ... Once that period is over, the person is all right," he said.

Registrar Dr. Bill Pope said the college is waiting to be formally notified by Balachandra's office before it decides what steps to take. The college could investigate to see if disciplinary action is needed or its standards committee could examine the case and make recommendations, he said.

The death of Gibson and her two young children touched many and prompted calls for an inquest to ascertain whether everything was done to prevent what happened.

At the time of her death, Gibson's Facebook page was full of happy pictures of her two children.

The two children were found in critical condition at their home on July 24 and died in hospital. Gibson's body was found by a canoeist three days later. Her death was ruled a suicide.

THE CANADIAN PRESS

THURSDAY, NOVEMBER 14

TODAY ONLY

IN STORE AND AT THEBAY.COM. FREE ONLINE SHIPPING OVER $99

See below for details.

Save $400

After mail-in rebate

$299.99

Regular $699.99
Sale $349.99

KITCHENAID Pro 600 Professional Bowl-Lift stand mixer

The high-performance 575-watt motor is powerful enough to mix 14 cups of flour or triple batches of cookie dough. 6-quart stainless steel bowl. Available in 13 colours at thebay.com.

Save $220

After mail-in rebate

$179.99

Regular $399.99
Sale $254.99

KITCHENAID Architect 13-cup food processor

Plus, up to 47% off

other KITCHENAID small appliances, stand mixer accessories and attachments

See below for exclusions.

HUDSON'S BAY

No rain checks and no price adjustments. No pre-orders or telephone orders. Offer available while quantities last. Cannot be combined with other offers. Selection may vary by store. Savings are off our regular prices unless otherwise specified. See in store for details. **KitchenAid small appliances** exclude items with 95¢ price endings. **FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes: furniture, canoes, patio furniture, patio accessories, barbecues and mattresses.

Looting and gunfire spark chaos in typhoon-hit areas

Aid too slow. Homes and businesses targeted for food

Mobs overran a rice warehouse on the island worst hit by the Philippine typhoon, setting off a wall collapse that killed eight people and carting off thousands of sacks of the grain, while security forces Wednesday exchanged gunfire with an armed gang.

The incidents in or close to the storm-ravaged city hosting international relief efforts add to concerns about the slow pace of aid distribution and that parts of the disaster zone are descending into chaos.

Five long days after Typhoon Haiyan wasted the eastern seaboard of the Philippines, the cogs of what promises to be a massive international aid effort are beginning to turn, but not quickly enough for the some 600,000 people displaced, many of them homeless, hungry and thirsty.

"There's a bit of a logjam to be absolutely honest getting stuff in here," said UN staffer Sebastian Rhodes Stampa against the roar of a C-130 transport plane landing behind him at the airstrip in Tacloban, one of the hardest-hit cities.

"It's almost all in country — either in Manila or in Cebu, but it's not here. We're going to have a real challenge with logistics in terms of getting things out of here, into town, out of town, into the other areas," he said. "The reason for that essentially is that there are no trucks, the roads are all closed."

Planes, ships and trucks were headed to the region, loaded with generators, water-purifying kits and emergency lights — vital equipment needed to sustain a major relief mission. Airports were reopening in the region and the U.S. military said it was installing equipment to allow the damaged Tacloban aiport to operate 24-7. THE ASSOCIATED PRESS

Children, who say they fled when armed men were seen in their village, wait in Tacloban, central Philippines, Wednesday. Aid has been slow to reach the worst hit areas. BULLIT MARQUEZ/THE ASSOCIATED PRESS

Rapid relief experts

Canada's A-team on its way

Prime Minister Stephen Harper says the Canadian military's Disaster Assistance Response Team, or DART, is bound for the Philippine city of Iloilo.

Philippine authorities say Iloilo, one of two major cities on the island of Panay, was in the direct path of Typhoon Haiyan and suffered 162 deaths and the destruction of 68,543 houses as a result.

More than 530,000 people have been affected in the Iloilo region.

Canada's DART team can provide basic medical assistance, engineering support and clean water from its sophisticated purification systems. THE CANADIAN PRESS

An aerial view shows signs for help and food amid a path of rubble left by Typhoon Haiyan in the town of Tanawan, Philippines. WALLY SANTANA/THE ASSOCIATED PRESS

Storm season just average: UN

In spite of the destruction Typhoon Haiyan has caused in the Philippines, it's been an average year for tropical cyclones, the UN weather agency said Wednesday in its annual climate report.

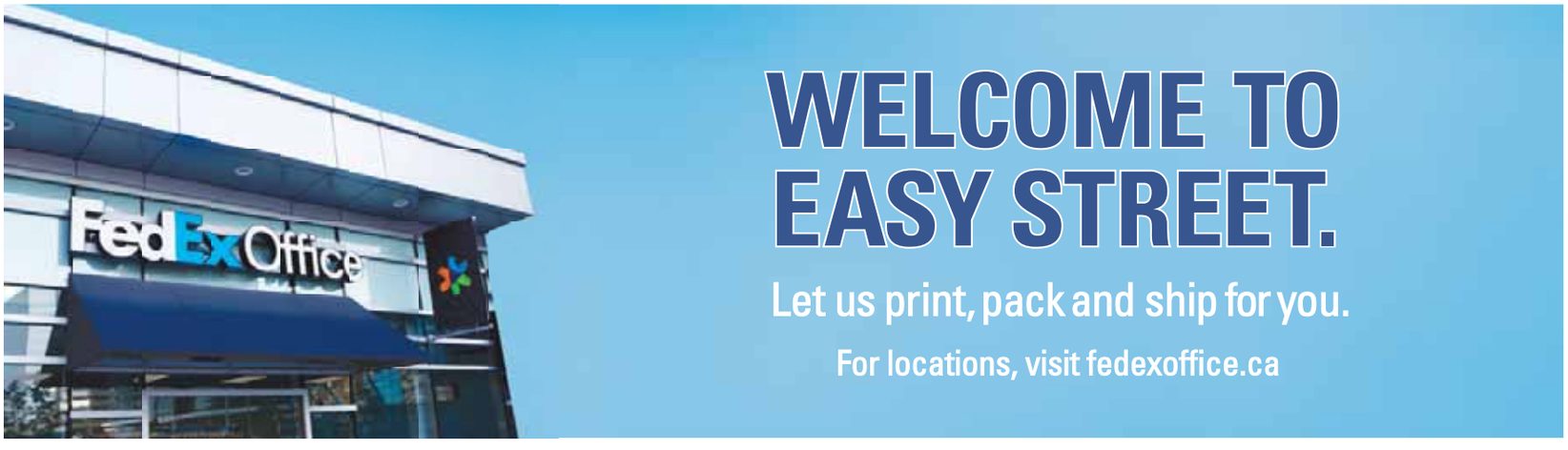
The World Meteorological Organization counted 86 tropical storms so far this year, just three short of the annual average since 1981. They were unevenly spread across the globe.

The Atlantic saw its quietest season since 1994 in terms of the intensity and duration of tropical storms, according to the WMO report, which was released as UN climate talks were ongoing in Warsaw. Of the 12 named storms only two — Humberto and Ingrid — reached hurricane strength. Both were Category 1 hurricanes, the lowest level.

The Western North Pacific, however, had recorded 30 storms by early November, above the annual average of 26, the WMO said. Thirteen of them were typhoons, including Haiyan, which struck the Philippines last week.

Storms that reach 119 km/h are called hurricanes in the Atlantic and typhoons in the northwest Pacific.

Typhoon Haiyan is one of the most powerful storms to make landfall anywhere, and it is feared to have killed thousands of people and affected more than nine million. THE ASSOCIATED PRESS



French mag's cover sparks racism probe

French Housing Minister Cecile Duflot, left, and Justice Minister Christiane Taubira leave the Élysée Palace in Paris on Wednesday. The French government has opened a racism investigation after a far-right magazine cover compared Taubira to a monkey. CHRISTOPHE ENA/THE ASSOCIATES PRESS

Black minister.
Publication refers to Christiane Taubira as 'crafty as a monkey'

The French government has opened a racism investigation after a far-right magazine compared the country's black justice minister to a monkey on its cover.

In a statement Wednesday, Prime Minister Jean-Marc Ayrault said he had brought Minute magazine to the attention of the Paris prosecutor, citing French law that forbids racist abuse.

The magazine's cover of Justice Minister Christiane Taubira says "Crafty as a monkey, Taubira gets her banana back."

Helene Valette, a spokeswoman for the magazine, said the cover was satire and accused the government of trying to distract the French from the country's real problems.

"Banana" can also mean smile in French slang.

"It's a front page with a play on words. There's nothing mean about it," Valette said.

THE ASSOCIATED PRESS

Locked in a gym bag, in a bathtub ... accidentally?

More than three years after the naked, decomposing body of British spy Gareth Williams was discovered stuffed inside a locked gym bag at the bottom of his bathtub, the mystery over his bizarre death lingers.

London's Metropolitan Police said Wednesday that their investigation had found that Williams likely died in an accident with no one else involved. But the tentative conclusion, which the police hedged by acknowledging many gaps haven't been filled in, is unlikely to calm conspiracy theories surrounding the case.

Metropolitan Police Deputy Assistant Commissioner Martin Hewitt said Williams, whose remains were discovered in August 2010, was "most probably" killed in an accident, a verdict that conflicts with a coroner's inquest that concluded last year that Williams was probably killed by another person in a "criminally meditated act."

Gareth Williams THE ASSOCIATED PRESS

Some have raised the possibility that Williams locked himself in the bag as part of a sex act gone wrong — a Houdini-like art of wriggling out of restraints. Investigators found that he had visited bondage and sadomasochism websites, including some related to claustrophilia — a desire for confinement in enclosed spaces.

However, police couldn't find Williams' DNA on the lock, palm prints on the rim of the bath, or footprints in the bathroom itself. The coroner, Fiona Wilcox, noted that if Williams had been "carrying out some kind of peculiar experiment, he wouldn't care if he left any foot or fingerprints."

THE ASSOCIATED PRESS

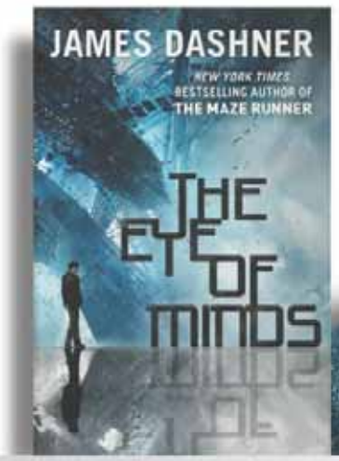
TWEETABLE BOOKS FOR TEENS

Great gifts for the hard-to-buy-for teenager ALL UNDER $21

The Eye of Minds
A thrilling page turner in an uncertain future

From the author of the *New York Times* bestselling *Maze Runner* series comes the first book in *The Mortality Doctrine*, a series set in a world of hyper-advanced technology, cyberterrorists, and gaming beyond your wildest dreams . . . and your worst nightmares.

HARDCOVER



Steelheart
An action-packed, sci-fi thrill ride with heroes and monsters

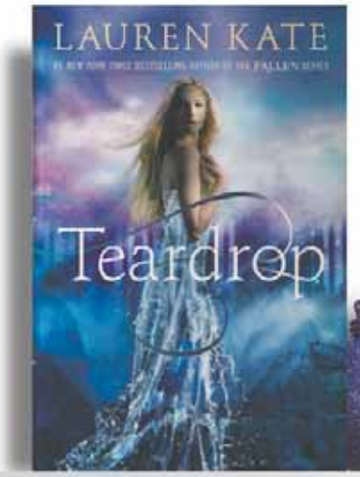
#1 *New York Times* bestselling author, coauthor of Robert Jordan's *Wheel of Time* series and creator of the internationally bestselling *Mistborn Trilogy*, presents *Steelheart*, the first book in the Reckoners series, an action-packed thrill ride that will leave readers breathless.

HARDCOVER

Teardrop
An epic saga of devastating secrets, dark magic and love

The debut in a new series from the #1 *New York Times* bestselling author of the *Fallen* series. A boy named Ander, a locket, a letter, a mysterious stone and an ancient story about a broken-hearted girl who cried an entire continent into the sea—Eureka is about to discover she lives in a world where everything you love can be washed away.

HARDCOVER



PENGUIN RANDOM HOUSE

For more Young Adult Fiction: crushingonbooks.tumblr.com

www.RandomHouse.ca Facebook.com/RandomHouseofCanada RandomHouseCA

FREE
+
with every
flu shot*

Pharmacies and flu shots
available at select locations.

Check your local store for details or visit
drugstorepharmacy.ca to find a pharmacy near you.

visit our pharmacy

Real Canadian Superstore big on fresh, low on price.
Extra Foods
Loblaws CityMarket
nofrills lower food prices
wholesale club

*Certain restrictions apply. Immunizations are available when an injection certified pharmacist is on duty, and subject to vaccine availability. Vaccine availability is determined by the Local Public Health Unit in your area. Pharmacists cannot administer a flu shot to children under 5 years of age.

®/™ Trademarks of Loblaws Inc. © 2013

Top Indian official rebuked for rape remark, apologizes

Nationwide outrage. Police official in hot water for saying, 'If you can't prevent rape, you enjoy it'

India's Central Bureau of Investigation director Ranjit Sinha is under fire for saying, "If you can't prevent rape, you enjoy it" at a news conference about legalizing gambling on Tuesday. MUSTAFA QURAISHI/THE ASSOCIATED PRESS FILE

India's top police official apologized Wednesday for saying, "If you can't prevent rape, you enjoy it," a remark that has outraged women across the country.

Central Bureau of Investigation chief Ranjit Sinha made the remark Tuesday during a conference about illegal sports betting and the need to legalize gambling. The CBI, the country's premier investigative agency, is India's equivalent of the FBI.

Sinha said at the conference that if the state could not stop gambling, it could at least make some revenue by legalizing it.

"If you cannot enforce the ban on betting, it is like saying, 'If you can't prevent rape, you enjoy it,'" he said.

The remarks have caused outrage across India, which in the past year has been roiled by widespread protests following the fatal gang rape of a 23-year-old woman on a bus in New Delhi.

On Wednesday, Sinha said that his comments had been taken out of context and misinterpreted, and that he was sorry if he had caused hurt.

Angry activists, however, called for his resignation. Communist Party of India (Marxist) Leader Brinda Karat said Sinha's comments were offensive to women everywhere.

"It is sickening that a man who is in charge of several rape investigations should use such an analogy," Karat told reporters. "He should be prosecuted for degrading and insulting women."

THE ASSOCIATED PRESS

Changing the law

After the fatal gang rape of a woman in New Delhi this year, public outrage forced the Indian government to change rape laws such that:

- Repeat offenders can be given the death penalty.
- Stalking and sexual harassment are now crimes.

Hungary. Baby born after doctors keep brain-dead mother on life support

A university hospital in Hungary says a premature but healthy baby was delivered after doctors kept the child's brain-dead mother on life support for three months.

The University of Debrecen said Wednesday that some of the mother's organs — her heart, liver, kidneys and pancreas — were donated to four recipients two days after the delivery.

The mother suffered a stroke when she was 15 weeks pregnant.

The baby was delivered via Caesarean section this summer at 27 weeks, weighing three pounds, 1.8 ounces.

The university in eastern Hungary said, "The child is healthy and developing normally."

The school did not give the child's gender or exact birth date.

THE ASSOCIATED PRESS

Social media

Teen in custody for tweets

Police say a Philadelphia teen faces charges in connection with their investigation into a now-shuttered anonymous Instagram account that aimed to out "rats" in criminal cases.

Police say the teen is alleged to have posted material from the Instagram account to his Twitter feed. The teen was charged with intimidation and terroristic threats.

THE ASSOCIATED PRESS

New fish type found among coral reefs of Indonesia

Genetically distinct.
It is unique in both its colouration and especially the rounded shape of its dorsal and rear fins and tail

This photo taken in July and released by Conservation International shows a new fish of the flasher wrasse species in Indonesia.
GERALD ALLEN/CONSERVATION INTERNATIONAL/THE ASSOCIATED PRESS

A new fish of the flasher wrasse species with striking orange colour and rounded fins has been found in Indonesia's coral reefs, a conservation group announced Wednesday.

Scientists from Conservation International and the Indonesian Biodiversity Research Centre discovered the species in East Nusa Tenggara province, said a statement from Conservation International.

The discovery was published in the latest Aqua, International Journal of Ichthyology.

The group said the species was named Paracheilinus rennyae in recognition of the scientific contributions of ichthyologist Renny Kurnia Hadiaty from the Indonesian Institute of Sciences.

The fish is known only from reefs off southwestern Flores Island and the Komodo National Park area. It is the 17th known type of flasher wrasse.

THE ASSOCIATED PRESS

Google Maps trek complete

Trekker Gregg Matthews, wearing a special Google-designed camera, completes the last mile of the Google Maps project to capture 360-degree images of Florida's 825 miles of beaches, Wednesday, in Miami Beach, Fla. The journey began in July.

WALTER MICHOT/THE MIAMI HERALD/THE ASSOCIATED PRESS

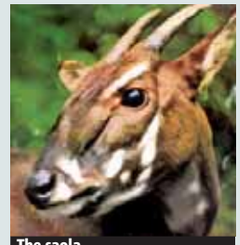
Vietnam

Rare mammal seen on camera

A camera trap in a forest in central Vietnam has managed to snap a photo of one of earth's rarest mammals, the saola, which hadn't been seen in 15 years.

The antelope-like, long-horned ox appears to walk through dense foliage at the edge of the camera's range in the image taken in September. Conservation group WWF released the image Wedndesday, along with a statement saying the discovery renews hope for the recovery of the species.

THE ASSOCIATED PRESS



The saola
WWF/THE ASSOCIATED PRESS

$100 OFF THE SAMSUNG S4? IT'S A HOLIDAY MIRACLE.

Hurry in for this exclusive deal, plus the best advice on your choice of networks and plans.

WIRELESSWAVE
THE MOBILE EXPERTS

LIMITED TIME ONLY
SAMSUNG GALAXY S4
$179.95
NOW ONLY
$79.95*

Bell ROGERS Virgin mobile

At a mall near you
wirelesswave.ca

*Limited time offer. Some conditions apply. See in-store for details. Subject to change without notice.

Market Minute

DOLLAR 95.58¢ (+0.28¢)

TSX 13,370.66 (+ 44.62)

OIL $93.88 US (+$0.84)

GOLD $1,268.40 US (-$2.80)

Natural gas: $3.65 US (+3.3¢)
Dow Jones: 15,821.63 (+70.96)

Look ma — no hands!

The mind is mightier than the sword — or hand. College creates stunning thought-based game

LUCY HAINES
For Metro in Edmonton

Northern Alberta Institute of Technology (NAIT) students have helped build a video game that's a brain drain of a different variety — a hands-free, mind-controlled game that looks and sounds like something out of a sci-fi movie.

The aptly named Project Vulcan is a prototype built with the help of game-development students at NAIT, under the guidance of game-design instructor Armand Cadieux and game-programming instructor John Winski.

The game is set aboard a space station, where players become robots trying to escape by embodying a series of stronger robots. The mind-bending part is that players use only their thoughts, no hand-held controllers, to take over other robots.

"How we play games has changed in the last couple years," said Cadieux. "We're all on mobile devices; now only the minority of games are played on consoles. Technology has made things like these EEG-type headsets available commercially, so developers can create applications for existing hardware."

Cadieux points to the use of similar technology with paraplegics, who can move a wheelchair with a brain-sensor headset. He says using hardware this way is a logical next step in the ever-morphing gaming industry. Co-creator Winski calls the 10-minute game tricky, but one that teaches focus at a time when life is all about multi-tasking.

Out of the box

"We're teaching students how to build a game but also how to think beyond."
NAIT instructor Armand Cadieux

NAIT instructor Armand Cadieux dons headgear for Project Vulcan, a hands-free game that reads the brain — no hand controllers needed. The project is at the prototype stage and will launch by end of this school year. LUCY HAINES/FOR METRO

On the catwalk

Taylor Swift is in on the Secret

The Victoria's Secret Angels worked their magic on the catwalk Wednesday, weaving between chart-toppers Taylor Swift and Fall Out Boy, and some fancy sets and stage tricks, yet somehow keeping the spotlight mostly on themselves.

The elaborate wings, shiny sequins and strategic flashes of skin helped. THE ASSOCIATED PRESS

Random biz fact of the day

1-4%

Looking for a job on major job boards has a success rate of just 1-4%.
CAREERLEAF/NEXCAREER

CHRIS HONDROS/GETTY IMAGES FILE

Web awards. Metro worth sharing — online

Metro won two silver awards at the 2013 Canadian Online Publishing Awards on Wednesday evening.

The award ceremony, which is held in Toronto every year, honours the best digital work in mobile and desktop journalism.

Metro won recognition for its mobile apps, which remain among the most popular news apps in Canada.

Metro also won silver for Matt Elliott's Ford for Toronto blog, which has been closely following the Toronto mayor's fiscal record since his term started.

Also nominated was a five-day online and print feature about avalanches, in which one reporter was buried alive and dug out with a rescue dog.
METRO

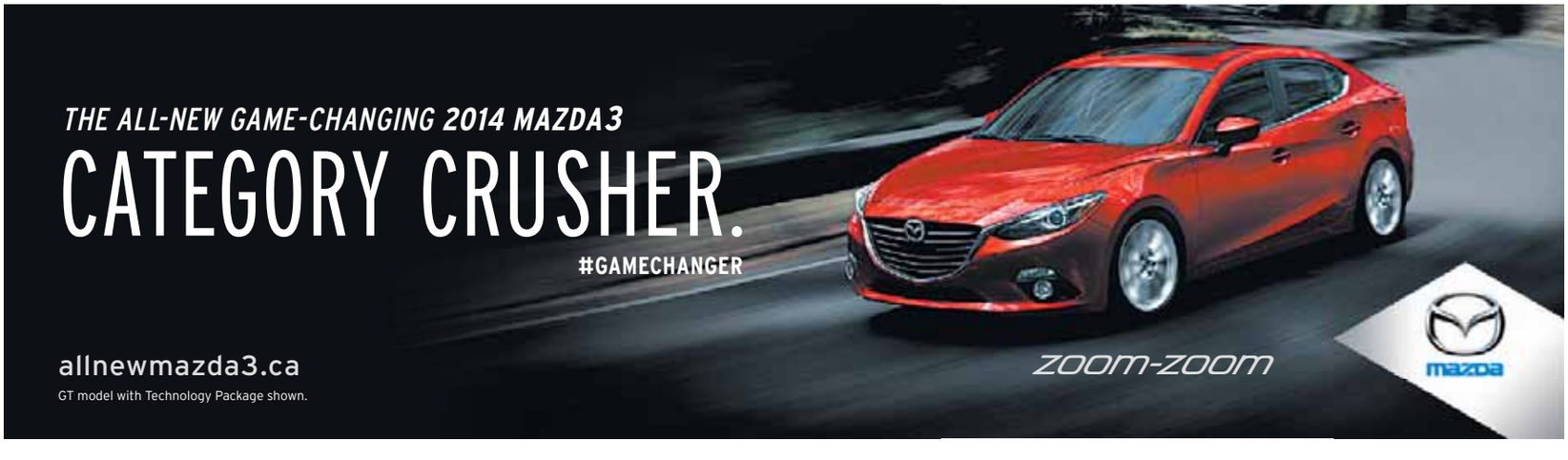
Laser Nail Fungus Treatments

- Clear Nails in a Few Pain Free Treatments
- Improve the Appearance of Infected Nails
- No Recovery Downtime. Wear Socks, Shoes & Even Nail Polish Right After Treatment!

1st Treatment $249 + save 10% with this ad!

604-255-2737
www.ElectraLaserHairRemoval.com
ELECTRA LASER
HAIR REMOVAL & SKIN REJUVENATION EXPERTS
L12 - 955 Hornby St. Vancouver

NEED MONEY?
✓No credit checks
✓Fast approvals
call 1-866-499-5629
And get cash now!!
www.mynextpay.ca



Douglas Coupland

Douglas Coupland's latest novel, Worst. Person. Ever., is available from Random House Canada.

Day 9

metronews.ca/temp

Living in T.O. is not easy

A growing number of temps are overqualified for their positions yet have little hope of advancement, says a 2013 report called Untapped Potential: Creating a Better Future for Service Workers.

$23,647

About seven per cent of routine service workers earn less than the low-income cutoff wage, defined as $23,647 in Toronto.

GETTY IMAGES

45%

About 45 per cent of Toronto's workforce is employed in routine service jobs.

20.2%

Some 20.2 per cent of routine service workers in the Toronto region have an undergraduate university degree, up from 13.3 per cent in 2001.

2001-2009

The level of precarious temporary employment within the service sector grew an "alarming" 33 per cent between 2001 and 2009.

GETTY IMAGES

Temp Not Eligible for Trauma Disability Pay

"Good afternoon. Taylor, Wagner & Kimura Filter Systems, a proud patriotic company since 1899. I'm sorry, Mr. Taylor isn't here right now. Is there a message?"

You'd think, after a great big glamorous shootout, we'd all get the day off, but no — I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors so that they could file PTSD disability claims. Even still, it was an hour before the bomb sweep finished and we got the OK to go in. The Danimal returned me to desk duty with brazen emotional manipulation. "Sorry Shannon. You have to be the strong one here today." This meant me brushing off press enquiries and telling freaked-out loved ones everything was OK, which actually gets dull very quickly. The lines died down by 4:00, so I went online to look at Shoeman's specialty website: Undeadbutnotunmown.com — nothing but screensnaps of well-mown lawns appearing in the backgrounds of zombie apocalypse movies. He is so deep.

At 4:15 the door opened and I looked up — it was Kyle, dressed head to toe in oil refinery gear. "Guess where I just got hired!"

"Kyle, you look like a Village Person. And thanks for being relieved I'm alive."

"Of course I care — the shoot out — it's all over the radio. What happened?"

"Just after lunch, Kevin went nuts and holed himself up in the warehouse threatening to shoot himself. You know why."

"What then?"

"Then there were maybe 50 shots fired and everyone thought he was dead, but then he wheeled this creepy scarecrow effigy out the doors — and walked out with his hands on top of his head."

"Did they arrest him?"

"I don't know. Is threatening to kill yourself a crime?"

"I wonder. And what does a guy like Kevin do in jail all day — shop for boats online?"

"Kevin is now officially declassified."

"Declassified?"

"Declassified. Like me. No longer a part of the class spectrum, with no hope of reentering. Not poor, not middle class, not blue collar or white collar. Blank collar — spending the rest of his life shopping in jail."

I, the disposable temp, was forced to man the front desk while everyone else went home to Google grief counsellors ...

This was when Sarah No. 1, who'd been gone all day, magically appeared at the front door wearing slutty heels and a push-up bra. "Hello Shannon. Oh hello Kyle."

"Ummmm..." Kyle was stungunned by Sarah No. 1's get up.

I was sitting behind him and I mouthed the words, "cradle robber" to Sarah.

She winked at me. "Kyle, can you help me with my car? It won't start."

Shameless. Just shameless. They left for the parking lot.

TO BE CONTINUED...

Random fact of the day

Holy hork Batman!

- The human body produces around a litre of mucus each day.

SOURCE: BBC.CO.UK

Random biz fact of the day

50%

Another reason to not procrastinate — 50 per cent of new hires applied within the first week of the job posting.

SOURCE: NEXCAREER

You Can
WIN
A Galaxy Tablet
Plus a Complete
TEMP
Survival Kit

FIND the ads from the world of TEMP — for Mister McFunbury's, The Priv, and Taylor, Wagner & Kimura Filter Systems — in your copy of Metro or at metronews.ca

ENTER the ad code at clubmetro.com

WIN the ultimate TEMP prize pack!

For full contest details please visit clubmetro.com

Give your investments a second thought.

Get a Scotiabank® Second Opinion
and have your investment questions answered.

scotiabank.com/secondopinion

You're richer than you think.®

Scotiabank®

® Registered trademarks of The Bank of Nova Scotia.

TV, ER, RUNNING CAN CHANGE YOUR LIFE

HE SAYS

John Mazerolle
metronews.ca

I'm training to run a half-marathon and it's changed my life. The magazines tell me so in their colour-filled, glossy pages.

My heart rate is improved. My self-esteem and confidence are at a new high. Coffee tastes better, people smile at me on the street, and I'm no longer racist. My parallel parking has improved; I can use a urinal even with other people around; and I've just about cured cancer.

And happy?! People in running mags are so happy, just like me. They always have great teeth that they show off as they run, keeping them white and clean through constant wind exposure.

It's because these people have taken control of their lives.

That's what the mags say. Taking control is always stated as an intrinsic positive, even though deciding to eat Big Macs every day or committing to a daily regime of crack would qualify as taking control, too.

As you have perhaps surmised, I'm a little less gung-ho than your average running mag model, the sort who treat running as a full-fledged religion complete with conversion and redemption. *Join us.*

I enjoy running, but I'm not that far gone, partially because I'm not very good. I have *never* smiled when running — the look on my face ranges from passing a gall stone to passing out to passing on.

Running is supposed to offer a sort of endorphin-fuelled pain relief, but I mostly find that my lazy pains have shifted into new locations of active-people pain — like a cartoon character who throws a hot potato between his left hand and his right hand.

I'm also about as light on my feet as those AT-AT walkers from The Empire Strikes Back. If you were just listening to my footfalls you'd swear I was wearing flippers.

No, I take different lessons from running than,

Quoted

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started ...

"Things are super now!"

Here's my inspirational running story: I run. I don't really go anywhere, I end up back where I started, but I'm happy to have gone. Pointless, yes, but better than just sitting there, right?

If I can't find the symbolism in that, my Grade 10 English teacher would be very upset with me.

It's better for me to do almost anything than lay stagnant on my couch.

Unless The Empire Strikes Back is on.

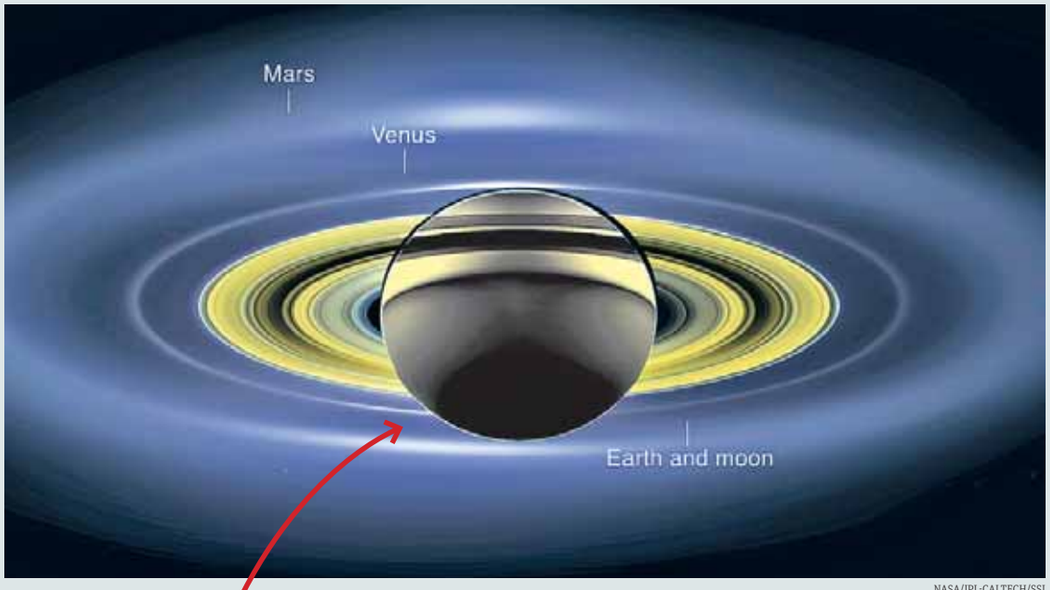
That's different.

It changed my life.

(This column was originally published in Metro in September 2010. John Mazerolle's column will return next week.)

ZOOM

Solar system's family photo



NASA/JPL-CALTECH/SSI

Saturn shown in one-of-a-kind pic

NASA has revealed an unprecedented view of Saturn from space, the first in which the giant gas planet (backlit by the sun), its moons and rings, and Earth, Venus and Mars, are all visible. Unveiled this week, the new natural-colour, panoramic mosaic of the Saturn system was taken by NASA's Cassini spacecraft. **METRO**

By the numbers

141 wide-angle images were processed by Cassini's team to create the mosaic.

651,591 km is the distance the image sweeps across Saturn and its rings.

1.44B km was the distance from Earth Cassini took the image — nearly 10 times the distance from the sun to Earth.

Solar system clues

"Data like these also improve our understanding of the history of the faint rings around Saturn and the way disks around planets form — clues to how our own solar system formed around the sun."

Linda Spilker, Cassini project scientist based at NASA's Jet Propulsion Laboratory

Cassini facts

- In 1997, Cassini-Huygens is the fourth space probe to visit Saturn and the first to enter orbit.
- 16 European countries and the U.S. make up the team responsible for building, flying and collecting data.
- The mission ends in 2017.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

With the holiday season right around the corner (if you need proof, just step into any shop anywhere), many are trying to get out of Dodge — or get to Dodge if that's the case. If you haven't booked travel yet, chances are you're too late — J/K, not too late, but too late to get a decent fare. Check these sites for elusive holiday season travel deals.

ISTOCKIMAGES

Hipmunk:
Like most sites, Hipmunk searches the major carriers, but offers an "agony-free" search so you don't have to muck around sorting by price, stopovers, times, etc.

Kayak:
One-stop shop for hotels, flights and cars with a stellar alert system — give them your details and they do the rest for you.

Jetsetter:
Once you've found your cheap flights, book a last-minute luxury room at a boutique hotel on the site or their well-designed, user-friendly app.

Twitter

@metropicks asked: #LdnOnt wants to allow elderly to cycle on the sidewalk. Safety advocates disagree. What do you think?

@fowgre: Bad idea. City and LPS should stop abdicating responsibility and make roads safe for cyclists. #ldnont

@londongirl52: as long as bicyclists are courteous to walkers and vice versa, I don't have a problem with anyone on sidewalk.

@Thomas_Howden: Key word, side 'walk'.

@thebellguy: I enjoy reading about rules that are made for a portion of the population, they always seem to work out well.

@KevinLabonte: 75% of bike releated accidents occur at intersections. On a sidewalk every driveway is an intersection. #LdnOnt

@neginneghabat: Bicycles generally & esp elderly cyclists behave much more like pedestrians than cars, so that's where they belong

@DanHilton74: If sharing the road is unsafe for any group, lets build a Master Bike plan w/ more paths vs ad-hoc solutions.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: vancouverletters@metronews.ca

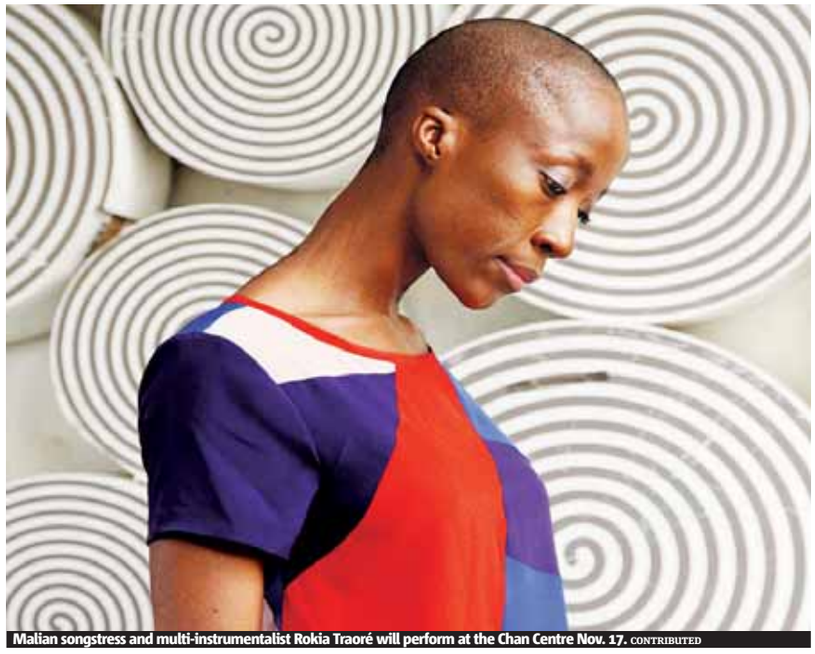
metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Vancouver** Jeff Hodson • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Chris Mackie • **Distribution Manager** George Acimovic • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO VANCOUVER** 375 Water Street - Suite 405 Vancouver, BC V6B 5C6 • **Telephone:** 604-602-1002 • **Fax:** 604-648-3222 • **Advertising:** 604-602-1002 • adinfovancouver@metronews.ca • **Distribution:** vancouver_distribution@metronews.ca • **News tips:** vancouver@metronews.ca • **Letters to the Editor:** vancouverletters@metronews.ca

NOVEMBER 14–17, 2–5PM
Buy one Starbucks® holiday drink, get one free to share.

Malian songstress puts Africa centre-stage at Chan

Local entertainment. Rokia Traoré finally brings her music back to our local stage for the first time in over a decade

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca



Malian songstress and multi-instrumentalist Rokia Traoré will perform at the Chan Centre Nov. 17. CONTRIBUTED

She's the daughter of a diplomat from the Bambara ethnic group, travelled widely as a young woman, and has continued the adventure as a singer-songwriter who gives voice to the ups, downs and beauty of Africa.

Malian songstress and multi-instrumentalist Rokia Traoré — whose music fuses blues, rock and pop with traditional African instruments — brings that powerful voice to the Chan Centre this weekend.

"It's been nearly a decade since we last hosted the breathtaking Rokia Traoré on our stage — far too long for our liking," says Chan Centre co-managing director Joyce Hinton. "Seeing her live is a truly unforgettable experience. Her beautiful music seems crafted out of pure spirit and her stage presence borders on indescribable; both intimate and energized, she leaves every audience member feeling as though they have made a personal, soulful connection."

Connect with her in the Chan Shun Concert Hall at the Chan Centre on Sunday at 7 p.m.. Tickets range from $36 to $72 through Ticketmaster. For more information on the show surf on over to ChanCentre.com.

Breathtaking

"Seeing her live is a truly unforgettable experience."

Chan Centre co-managing director Joyce Hinton
Speaking about Rokia Traoré

Try a satirical piece of Pie

Pi Theatre and Horseshoes & Hand Grenades Theatre present the world premiere of Except in the Unlikely Event of War, a bold political satire that runs from tomorrow to Nov. 30 at the Roundhouse Performance Centre in Yaletown.

It's a darkly comic, distinctly Canuck piece that probes art, politics and war, but, according to Pi Theatre artistic director Richard Wolfe, does it in the most entertaining way.

"(The play) explores some of our most dire issues — government transparency, politicization of media, war as a means of societal control ... (But) what stands out for me in Sean's writing is a remarkable ability to address weighty, complex ideas through engaging stories and humour."

Tickets are $16. More information at PiTheatre.com.

SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 24 SHOPPERS DRUG MART

Extraordinary or extra ordinary.
The choice is yours.
[taste life]

You could win your experience of a lifetime. $10,000 to do that thing you always wanted to try.

Enter today at
/yellowtail

Must be legal drinking age. Watch your tail. Drink responsibly.

colour in your life

SHARE JOY

From left, Taye Diggs, Morris Chestnut, Harold Perrineau and Terrence Howard in a scene from The Best Man Holiday. MICHAEL GIBSON/UNIVERSAL PICTURES/THE ASSOCIATED PRESS

Q&A with Morris Chestnut on The Best Man Holiday

NED EHRBAR
Metro World News in Hollywood

It's been nearly 15 years since Morris Chestnut starred in The Best Man, and now he's re-teaming with Taye Diggs, Terrence Howard, Harold Perrineau and writer-director Malcolm D. Lee for a long-awaited sequel, The Best Man Holiday.

Metro took a trip down memory lane with him.

So was your character's football background your idea or Malcolm's?
We're both big football fans. I've been playing football and loving football all of my life. Before I loved little girls, I loved playing football. So a lot came from me. The funny thing about it is the two roles I'm most remembered for are Boyz n the Hood — where I played a football player — and this one, where I play a football player.

So, 14 years later. How much does that mess with your head?
You know, it doesn't really mess with my head. We know it's been a long time, and we've seen each other throughout the years, some of us have hung out, some of us haven't. I'm just proud that the studio feels either the content of the movie or the title of the movie or the actors in the movie are still relevant to where they think that it can make some money.

When you reunite with the cast members you haven't seen in a while, is it a sort of reality check about aging?
You know, the great thing that Malcolm did was a week before we started filming, we all watched the original together. That brought me back to some places emotionally, and even brought up some things about my character that I didn't remember since it's been a long time. Whenever I see a movie of mine on TV, I don't watch it. I hurry to change the channel. Sitting there watching that movie from beginning to end, it just brought back a lot of different things. When we started filming I was like, "Do you want me to wear a wig? What do you want me to do? Because the characters had hair last time, and now Taye and I don't have hair."

The characters have all done quite well for themselves.
To be honest, I think that was what was so interesting and refreshing about the first one. It was the first movie of its kind where you really see black professionals. You had Jordan, Nia Long's character, who was a big-time TV executive. You had Harper, Taye's character, who was a writer, an intellectual job. You have those types of images that I think people wanted to see. You had your films like Boyz n the Hood, New Jack City, where you're showing street life and drug life and all that. But seeing those positive images on screen, I think that's what was refreshing for the first one.

Speaking of sequels, do you think there will be any more Kick-Ass movies?
Ah, man. I don't think so, I don't think so. I think after that one, they're done with those for right now.

NOVEMBER 14–17, 2–5PM
Buy one Starbucks® holiday drink, get one free to share.

Free beverage must be of equal or lesser value. Offer good at participating stores. While supplies last. Cannot be combined with other offers or discounts.
© 2013 Starbucks Coffee Company. All rights reserved.

James Franco directs and stars in As I Lay Dying

Turning books into movies. Franco views it as an exciting opportunity to translate seemingly unfilmable works

NED EHRBAR
Metro World News in Hollywood

James Franco. GETTY IMAGES

As you may have heard, James Franco's been busy. In addition to being a prolific actor (he squares off against Jason Statham in Homefront in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's As I Lay Dying, which played at the Toronto Film Festival this year along with his adaptation of Cormac McCarthy's Child of God, has just arrived on DVD. And in addition to Actors Anonymous, his new book of short stories, Franco is promising an adaptation of Faulkner's The Sound and the Fury next.

Franco on literary adaptations

"What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains. "If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff. And I think that's one of the reasons that I don't just act.

"There are stories that I love that I just don't think would be told. As I Lay Dying has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like The Godfather — I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book it's not just because of the story; it's because of the way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Franco on Franco

"The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up with public image, celebrity and our relationship to that," Franco says. "So I'm in a position where I do have a public image in, I guess, a very public way. But I really view that — my relationship to my public image — as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

Actor drops out

Fifty Shades of Gray release delayed

Charlie Hunnam. GETTY IMAGES

Fans waiting for the film version of Fifty Shades of Grey will have to wait a bit longer, as Universal Pictures and Focus Features have announced they've moved the movie's release date from Aug. 1, 2014 to February 13, 2015. Production on the film was delayed when Charlie Hunnam, initially cast to play Christian Grey, dropped out just weeks before filming was to begin. On the bright side, the film is now coming out just in time for Valentine's Day. METRO

Legendary trumpeter

Don Cheadle to play Miles Davis in new flick

Don Cheadle will play Miles Davis in a biopic the actor has long planned on the innovative jazz pioneer.

BiFrost Pictures told The Associated Press on Wednesday that it will finance and produce Kill the Trumpet Player, with Cheadle also making his directorial debut. Production is set to begin in June.

THE ASSOCIATED PRESS

SHARE JOY

Asa Soltan Rahmati is a self proclaimed "Persian Pop Priestess." CONTRIBUTED

She's a survivor and she's gonna make it — no thanks to the haters

The Shahs of Sunset. Self proclaimed 'Persian Pop Priestess' Asa is intent on making her Diamond Water company work despite her frenemies

ALEX KHATCHADOURIAN
Metro World News in NYC

Asa Soltan Rahmati is a busy woman. The Shahs of Sunset just returned for a third season, but filming her drama-filled reality show isn't the only thing the self-proclaimed "Persian Pop Priestess" has been up to. Since we last saw her on her Bravo show, Rahmati has launched a boutique alkaline water company, Diamond Water, created a collection of artwork and fashioned an entire business around her Priestess image. Sure, Rahmati has her fair share of haters — including some of the fellow Shahs she calls friends — but, if you ask her, that doesn't stop her from getting what she wants.

It seems like a lot of great stuff has happened for you lately. We'll see the launch of Diamond Water this season right? How was that experience?
You know what? It's been kind of amazing. Diamond Water is not just a spinoff of the Bravo show, where somebody just puts his or her name on a product. This is really my baby. This season you will see, from A to Z, how I struggled in creating the business and everything else that goes into the really intimate process of making Diamond Water.

Have the other "Shahs" been supportive of your new venture?
No, there was definitely some hater-ation, and some naysayers talking s—. But you know what? I'm a survivor and everything I have, I have worked hard for. Diamond Water is my dream. Nobody else has to believe in it except for me, so I don't care what other people say.

Where do you find inspiration for your art?
Art has always been a vehicle of therapy for myself. I'm able to process the pain I went through living as a refugee in an immigrant ghetto in Germany. A lot of my work has to do with identity and living between cultures. Whether it's with my music or with my visual art, there always seems to be some sort of eastern/western gangster flair to it. It's always been art, life and love, all melted together for me.

You're the self-proclaimed "Persian Pop Priestess." What's that all about?
I learned at a young age that we have so much that makes us who we are. The main things are love and humanity, but mainly love. I kind of became a spiritual gangster really early on. The Priestess is really a spiritual gangster. Love by all means necessary. Not in that weird hippie way, but in a true, primal way.

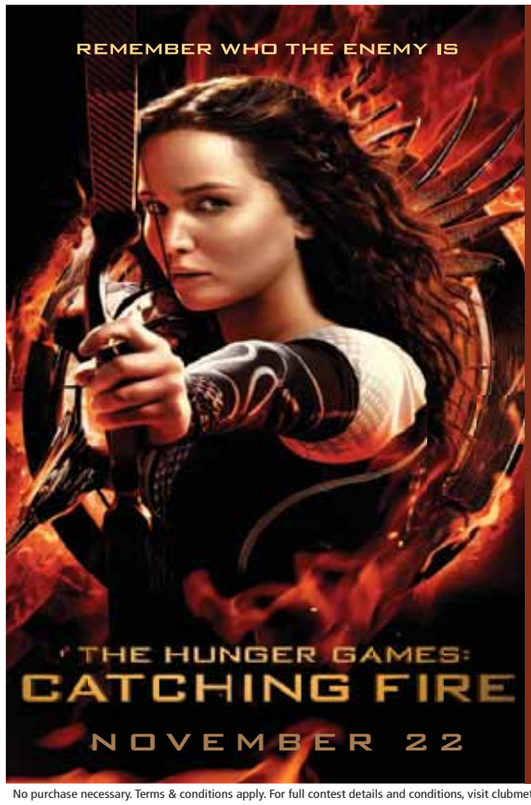
What's one moment this season that meant a lot to you?
This season is seriously epic. When I do my art show, it deals with the three phases of my life, of my childhood. I basically worked with old family pictures and I projected the images through a video projector and danced in front of it. It was a personal piece for me and propelled me to organize a family reunion in Turkey with my family that's still in Iran. I haven't been able to see them for 30 years because of my refugee status, and not being allowed to go back.

Enter for your chance to WIN the Ultimate Family Winter Getaway!

The Grand Prize of a Family Trip for four to Québec Winter Carnival
OR
Secondary prizes of passes to the Advanced Screening of
Disney FROZEN
In Theatres Nov. 27

Ville et région Québec City and Area
Québec Winter Carnival
VISIT clubmetro.com TO ENTER
© 2013 Disney

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com



You could WIN passes to see
THE HUNGER GAMES: CATCHING FIRE
Visit clubmetro.com to enter
VISIT clubmetro.com TO ENTER
eone entertainmentone

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Just looking for a little Applause

Overexposed or underappreciated?
Pop art of Lady Gaga is all over, continues to inspire debate

There's just one way to escape the blitz surrounding Lady Gaga's new album: completely unplug from society. To kick off the release of her new album, Artpop, this week, the entertainer, never known for understatement, has been omnipresent. She began with a huge release party Sunday, where she debuted Volantis, billed as the "world's first flying dress." She floated about six feet above the floor before performing at the event, streamed live on Vevo.

The next day, she opened pop-up Artpop stores in New York and Los Angeles, where Gaga-related merchandise was sold, and she was one of the main honourees at Glamour's Women of the Year ceremony. On Wednesday, she was due to appear at the opening of an H&M store in New York's Times Square.

She's scheduled to tackle hosting and performance duties on NBC's Saturday Night Live, and she redesigned the Life section logo of USA Today in her image — the first time the newspaper has had a celebrity do so. The newspaper also featured an interview with the superstar. And a concert special with Ryan Seacrest is set to air on the CW Network next week.

Gaga's publicity push leading up to the debut of Artpop could be described much like the singer herself: eye-catching, unique, daring and, of course, over the top. It comes amid mixed reviews for the album, the departure of her longtime manager and questions about whether Gaga-mania might be on the wane outside her core Little Monsters. The album's first single, Applause, remains a top 10 hit, but was considered a bit of an underperformer compared with her previous hits.

Bill Werde, Billboard's editorial director, thinks folks wondering if the 27-year-old is approaching her expiration date are missing the point.

"She's presenting an artistic view of pop music that's a lot more challenging than anything else that's even approaching the top of our charts now. She is risking her top success for the sake of art, and I think a lot of people don't get that," Werde said after viewing Sunday's show online.

"You have to really appreciate how conservative most pop fans are in the world. They don't necessarily want their music dipped in art. They don't want to see pop stars come out for a performance wearing a terrifying scarecrow mask," he added. It's what we've come to expect from Gaga, however. Her career has been as much about performance art as music. After all, this is the woman who has paraded around in a dress made of meat, assumed a male alter-ego for an awards show, arrived at another in an egg and stripped naked onstage in Europe last month.

"She's definitely one of the most iconic artists that we have on the planet," said hitmaker David Guetta, who worked with Gaga on her new album. "I like the way that she works because she's just an artist. I don't see her as belonging to one school. She's just art. Even though it's pop music and it can ... have emotional (aspects), pop can also be very commercial. And I like the way that she's doing pop in a very artistic way."

Some have questioned how much her approach resonates these days, especially when Miley Cyrus draws weeks of headlines by twerking onstage at the MTV Video Music Awards. Gaga's performance at that show barely rated a blip at the water cooler the next morning. Gaga's supporters, though, warn against viewing her in the short term. They believe she's built something more durable.

THE ASSOCIATED PRESS

Lady Gaga unveils a sculpture of herself by artist Jeff Koons. AP/INVISION

ARE YOU SUFFERING?
WE CAN HELP! POWERFUL AMAZONIAN SHAMAN WITCH, HEALER, AND ADVISER
- Bring back loved ones regardless or circumstances and distance
- Reveals the face of the enemy
- Heals all kinds of diseases
- Gets rid of bad luck and addictions
- Solves personal and business problems
- Cleanses houses and businesses
- Destroys all negative influences and witchcraft
- Readings of Tarot, Tabacco, Palm and Aura
HE HELPED ME!
My beauty provoked a man who I wasn't interested on to cast a spell with a cuban witch. That spell made me fall for him and chase after him. My mom knew the Shaman and helped me get rid of the spell that the man had casted on me. Boys and Girls be carefull with witchcraft that is very powerfull, go see the Shaman who really knows how to help. - Tatiana
100% GUARANTEED EVERY PROBLEM HAS A SOLUTION, ALL DISEASES HAVE A CURE
I ONLY ACCEPT DIFFICULT CASES
778-709-2504 CALL NOW

THE METRO NEWS JUST FOR LAUGHS COMEDY TOUR CONTEST
Capital One Just for laughs Comedy Tour '13
Presented by Holiday Inn Express
THE COMEDY RAT PACK EDITION
YOU COULD WIN FRONT ROW TICKETS AND
A TRIP FOR TWO TO LAS VEGAS
TO STAY AT THE LAS VEGAS HOTEL AND CASINO THE LEGEND LVH IS REBORN
Go to www.CLUBMETRO.com to enter today!
1 Win a pair of front row tickets to the Capital One® Just For Laughs Comedy Tour show at the Vogue Theatre on November 22!
2 Grand prize: a trip for two to Las Vegas, Nevada, including flights, a 6-night stay at The Las Vegas Hotel and Casino, two tickets to see comedian Carlos Oscar at The Shimmer Cabaret Room and dinner for two at Vince Neil's Tatuado!
Hosted by
DARRIN ROSE
TOM PAPA
ORNY ADAMS
GODFREY
NOVEMBER 22 • 7 pm & 9:30 pm • VOGUE THEATRE
Vancouver portion of contest closes November 18, 2013. Open to Canadian residents, excluding Quebec, 21 years or older. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form, including skill-testing question. There is one (1) Grand Prize of a trip for two to Las Vegas, which includes return airfare, six nights of hotel accommodation at The Las Vegas Hotel and Casino, two tickets to see comedian Carlos Oscar at The Shimmer Cabaret Room and dinner for two at Vince Neil's Tatuado, valued at approximately $6,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).
Media partner comedy
metro metronews.ca
THE LEGEND LVH IS REBORN
HAHAHA.COM/COMEDYTOUR
Just for laughs Live
Capital One is a registered trademark of Capital One Financial Corporation and used under license. All rights reserved. Terms and conditions do apply.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Twitter

@katyperry
Emojis are really just ancient hieroglyphics.

@Louis_Tomlinson
Can't wait for ps4!!!!!

@pattonoswalt
Me: Hello darkness, my old friend. Darkness: I aintcher friend, chubs.

Zac Efron

Efron movie on hold after star breaks his jaw

Zac Efron is recovering from a broken jaw after slipping and falling at the entrance to his L.A.-area home over the weekend, according to E! News. Plans to promote his upcoming film, That Awkward Moment, have been postponed while he undergoes recovery, which reportedly included having his jaw wired shut. Efron also reportedly sustained a gash that required stitches in the fall.

The Word

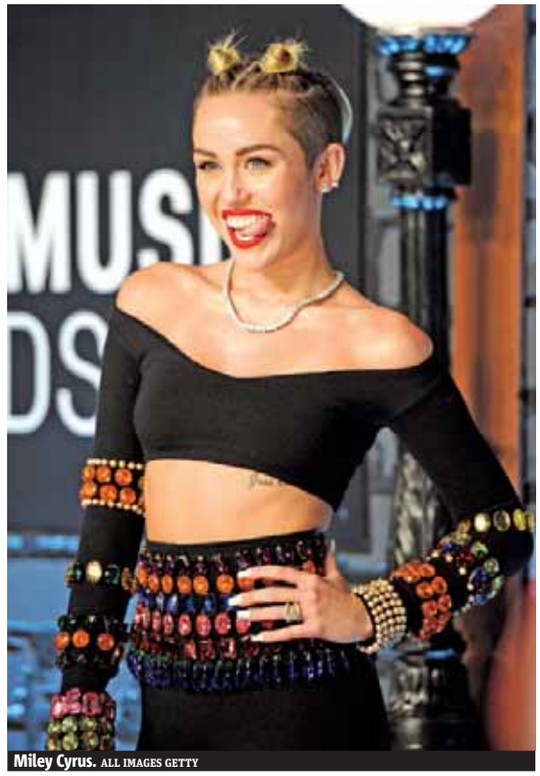
Three is not always a crowd for Gaga, but she's still a lady

Lady Gaga likes to keep an open mind, even when it comes to her relationship with Taylor Kinney.

When asked by Howard Stern if she'd be open to letting another woman join them in bed, she says, "That sounds like fun!" But Stern couldn't get her to go on the record as to whether she and Kinney have already given that a try.

"You know what? I've spoken a lot about my Taylor and I don't want to kiss and tell too much. I'm a little bit more of a lady than that," she says. "Here's the thing: I'm not the type of person that's having sex all the time with lots of random people. I don't do that. I'm in a monogamous relationship, we're having a good time, we've been together for a while. If it were to come up, it comes up."

And as happy as Gaga and Kinney are, they're in no hurry to tie the knot. "The thought of a wedding to me is exhausting. Why would I put myself through that?" she said. "Here's my dream wedding: We get completely hammered, we get the worst dresses we can find and then we go to the courthouse."



Miley Cyrus. ALL IMAGES GETTY

Weed really like to look into Cyrus incident, say stunned Dutch authorities

Miley Cyrus' latest awards show stunt — lighting up what appeared to be a joint on stage at the MTV European Music Awards — might turn out to be more trouble than it was worth. Authorities in Amsterdam are reportedly investigating the incident, according to Agence France-Presse, since the venue where the show was held has a strict no smoking policy. "We received complaints about smoking, which was also seen on television. We have to investigate," a spokesman says. "There is a smoking ban in public places in the Netherlands. Employees have the right to a smoke-free environment, and this includes camera and sound personnel." A spokesman for the arena, meanwhile, says the stunt "caught us by surprise."

THE REWARDS YOU WANT
20x faster
SATURDAY, NOVEMBER 16
20x THE SHOPPERS OPTIMUM POINTS®
WHEN YOU SPEND $50 OR MORE ON ALMOST ANYTHING IN THE STORE.*
FREE feels good™
SHOPPERS DRUG MART

*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, RBC® Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. ® 911979 Alberta Ltd.

Isabel Marant brings her perfect imperfection to H&M

Oh la la. Clothing retailer welcomes designer's nonchalant Parisian chic in new line for men and women

CAROLINE SANDSTRÖM
Metro World News in London

More than any other designer, Isabel Marant has managed to export that hard-to-put-your-finger-on, relaxed, brand of Parisian chic to the rest of the world.

Her slouchy esthetic will go even more global this week, when her collaboration with H&M, the clothing giant's ninth, hits stores. We met the fashion icon at the Westin hotel in Paris to talk about her line, her personal style, and whether or not a men's line is in her future.

How did you approach this collection? It seems that most designers choose to create more affordable versions of their greatest hits.
When H&M contacted me and asked if I would like to collaborate I felt it was a great honour. I didn't know then what they wanted but I knew almost immediately that I wanted to create a collection with all my favourite garments.

You know, the clothes you always pack; the ones you would kill yourself over if they disappeared.

What's the key to your slightly grungy take on Parisian chic?
All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest and most charming look anyone can have.

How did you find designing men's wear, as this was your first attempt at it?
It wasn't difficult to create a men's collection for H&M but it was a challenge. It was easy to create garment by garment, as I often use masculine elements in my female collections, but the hard part was to paint the big picture. I don't care for men who are too fashion-conscious, so it was difficult to find a balance. It mustn't look to be too much.

But despite the fact that I'm very satisfied with the result I don't think it will be a permanent fixture in my design.

But you should never say never.

There are plenty of basics in your collection — what are your personal wardrobe musts?
The trouser is my absolute favourite garment, as well as a well-fitted T-shirt.

Basic garments are the end-all-be-all to me but I don't have any direct advice on how to style my clothes because I encourage a personal interpretation.

It's all about the blend and I love when I see people mix my garments with others, old and new, feminine and masculine, creating their own identity through them.

Personality is the ultimate accessory for me.

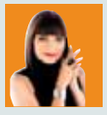
If you have that, you have everything. C'est tout!

Devil may care

"All you need is nonchalance. Parisian chic is about perfect imperfection; something a little deviant. You look good, but you don't pay too much attention or spend hours in front of the mirror. I think the improper, slap-dash look is absolutely the sexiest."
Isabel Marant

Milla Jovovich owns the Parisian chic look by perfecting imperfection with her patterned dress, tousled hair and slouchy boots.
CONTRIBUTED

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

With the awesome-inspiring Stephen Lewis @Aids_free_world Tomorrow is Stephen's 76th birthday! Happy Birthday! #hero

With my gorgeous mom at Zareinu fashion benefit. A privilege to be hosting once again! Can't wait to see the kids!

Multi-purpose furnishings are of utmost importance when living in small or shared spaces. Double-duty is the way to go when it comes to bulky pieces, so I've scooped up the best alternative dining tables for those urban homeowners who rarely entertain. Are you looking to simply save some space? Check out these table options.

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

5 tables with a twist

In the living room

Eating and watching television has just been elevated in a stylish manner. Scout Functional Coffee Table, $800, eq3.com.

1

In the kitchen

When flipped down it acts as a shelf for small objects. When up it's dining for one or a great laptop station. Bjursta wall-mounted, drop-leaf table, $50, ikea.ca.

2

In the closet

Play cards or dine informally, then store this set away easily under the bed or in the closet. Five-piece Folding Wooden Games Table and Chairs Ensemble, $350, sears.ca.

3

4

In the foyer

A 9.5-inch deep console folds out into a 36 x 65.5-inch dining table for dinner parties. Span White Gateleg Table, $395, crateandbarrel.com.

In the home office

Roll your desk into the living room and add chairs. Go-Cart Bright Orange Desk, $170, cb2.com.

5

NOW SELLING

EMPIRE AT QE PARK

THE MOST BEAUTIFUL *Block of Cambie*

Vancouver West Side's largest prestigious residential community, adjacent to the scenic Queen Elizabeth Park. Stunning views of the park and North Shore Mountains. Spacious and luxurious 1, 2, 3 bedroom condos and townhomes, featuring concrete construction and central air conditioning.

PRESENTATION CENTRE & DISPLAY SUITE AT CITY SQUARE (CAMBIE & 12TH)
SUITE 130–555 WEST 12TH AVENUE, VANCOUVER

PRIORITY REGISTER EmpireQE.com 604.687.8800

This is not an offering for sale. An offering for sale may only be made by way of a Disclosure Statement. E.&O.E.

intergulf DEVELOPMENT GROUP

MARKETING BY magnum projects ltd.

Weather the winter in a warmer home

DIY. With a few quick projects, you can save money on heating bills

To keep your family warm and the energy bill down this winter, invest a few hours in some small and simple DIY projects. With minimal tools or experience, it's easy to fix poor insulation or chilly drafts that normally send you running for the thermostat. Even minor improvements can help put money back in your wallet over the course of a long Canadian winter.

Slip on a water heater blanket
Water heaters warm to the touch are losing heat and costing money. If a new energy efficient water heater isn't in the budget, quickly installing a blanket is an affordable way to prevent heat from escaping. Blankets for gas-fired water tanks should be installed by a professional to avoid potential fires.

Install plastic window insulation
Block out cold drafts and lock in the warm air with plastic window insulation. While many new homes have high energy efficiency windows, they're an expensive investment and are best installed in the spring or summer.

For a fast and temporary fix, plastic window insulation can go a long way in lowering your energy bill and keeping your family warm. Simple to install and barely visible, the sheets are easily peeled off in the spring.

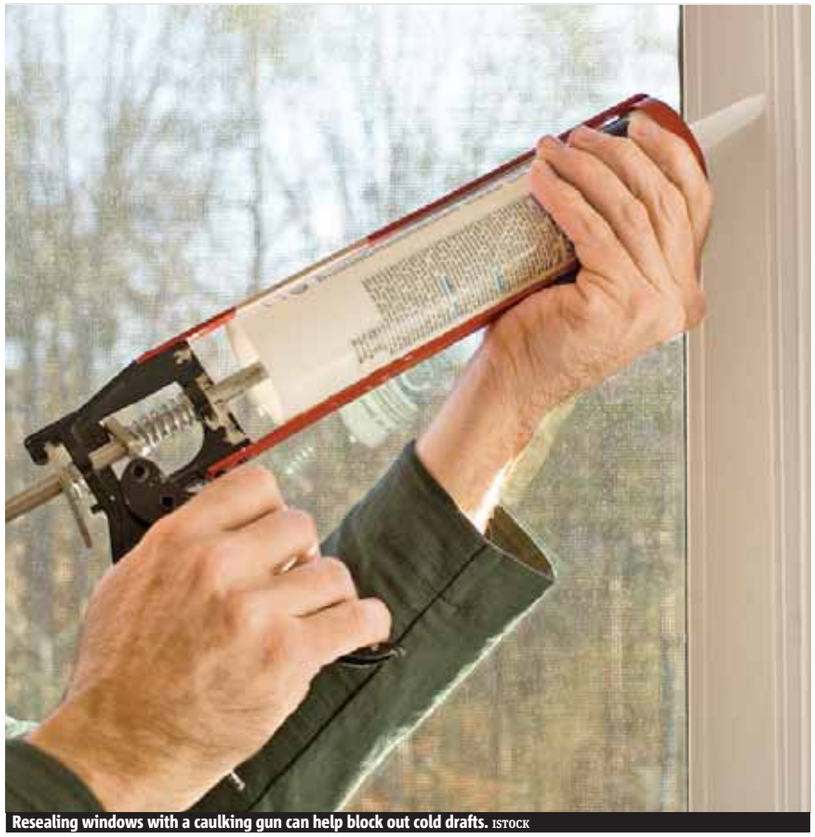
Caulk the windows
For a more permanent fix, consider getting out the old caulking gun and resealing windows. To find out where heat is escaping, carefully move a candle around each window frame and watch for the flame to bend. Make sure to tie back curtains, blinds or anything else that could catch fire before beginning.

Next, pick the proper caulking with the help of a local professional. Once the old caulk has been removed with a putty knife or razor blade, you're ready to start caulking.

Insulate with a storm door
In the summer months, storm doors are excellent for letting in extra sunlight and increasing ventilation. In the winter, they provide an added layer of insulation and are great for locking out the cold. Most storm doors come in kits that make it easy to install in an afternoon. For the most savings, look for a door with a high energy efficiency rating.

DIY Network

- For more ideas on creating the best home for your family, tune in to Family Under Construction, Tuesdays at 10 p.m. on DIY Network Canada.



Resealing windows with a caulking gun can help block out cold drafts. ISTOCK

Marketing Consultants
Earn an Average of $28.01/Hour

BRIGHTON COLLEGE

INTERNET MARKETING
TRAINING PROGRAMS

There is an estimated demand for 21,900 Internet Marketers in 2013. Take the next step in pursuing a career as a Marketing Consultant!

We offer
- 36 Week Diploma
- 100% Practicum Placement
- 4 Week Practicum
- Flexible Schedules

*Statistics have been acquired from WorkBC. Low Wage: $18.00/hr. High Wage: $48.08/hr.

Learn more at our FREE info sessions every Wednesday at our Surrey campus.

Call today 604-901-5121 BrightonCollege.com

COME ONE, COME ALL!

SATURDAY, NOVEMBER 23, 12 – 4PM

2220 Kingsway at Gladstone

Kensington Gardens Carnival

Do not miss this exceptional opportunity to preview Westbank's latest offering, a landmark master planned community on Kingsway transforming an entire city block. **It's all here.** Three iconic towers offer one, two, and three bedroom residences, world-class amenities, a landmark supermarket, and retail and services at your doorstep.

Register Now for More Information

604 620 7886 KensingtonGardens.ca

westbank

UPON ENTRY INTO THE CARNIVAL YOU WILL BE GIVEN A SAVINGS CERTIFICATE VALID FOR UP TO $20,000 ON THE PURCHASE OF A HOME AT KENSINGTON GARDENS

SAVE UP TO $20,000

$10,000 OFF 1 BEDROOM HOMES
$15,000 OFF 2 BEDROOM HOMES
$20,000 OFF 3 BEDROOM HOMES

THIS IS NOT AN OFFERING FOR SALE. ANY SUCH OFFERING MAY ONLY BE MADE BY WAY OF DISCLOSURE STATEMENT. E.&O.E.

Design that grows up with the young 'uns

Decor. Families are investing in quality pieces for kids' rooms so furniture can span childhood and beyond

Designers say that families are increasingly opting for modern, gender-neutral furnishings for their kids — including items they can eventually use in other rooms in the home. ISTOCK

Victoria-based designer Kristine Hageland says incorporating a swing or fort is a favourite way to make a kid's room warm and inviting. ISTOCK

Instead of constantly updating children's bedrooms, parents are embracing timeless design and decor that can last throughout childhood.

Combining quality core pieces like the bed, dresser and a desk with paint and lighting that can be easily changed to suit a child's tastes as he or she matures is how Tracey Lamoureux creates a space that endures.

"We get requests from people who want more of a timeless look that can grow with the age of their children," said Lamoureux, principal designer at Victoria's Creative Spaciz.

"By changing a paint colour, the whole room can have a more mature feel. Paint is such an easy way for people to change their child's space over the years. We try to go for something that has a more timeless look that can take the child from five years old to 18, 19 or 20."

Lamoureux is currently working on two children's spaces, including a bedroom shared by two brothers.

Her clients requested she incorporate fun elements based on their different ages but that can also grow with them as their needs change.

"The older boy's bed is raised up and has a desk underneath it, and is being anchored by a tree in the corner. He climbs up the tree to get to his bed," she explained. "The younger boy has a tree beside his bed, but the bed is on the ground with storage underneath."

Lamoureux is also using chain and rope to create a playground look in the bedroom that includes things the brothers can climb and hold onto.

Kristine Hageland, Victoria interior designer and instructor at the Pacific Design Academy, agrees with Lamoureux's approach to investing in quality furnishings.

"Families are investing in beautiful pieces in children's rooms they envision integrating into other rooms in their home," said Hageland. "It's not just nursery furniture; it's pieces they want to keep using afterwards."

According to Hageland, families are opting for rooms that are less kitschy and more gender-neutral than they once were. "I think the approach to bedrooms is changing away from the overly themed and cute rooms," she said. "I keep seeing nurseries that are more modern and they don't have little trains. There are kids' toys, but they don't have a train going around the room."

In addition to using modern paint colours like white and grey, Hageland said parents are embracing the trend toward wallpaper and incorporating that into kids' spaces.

"I've been seeing a lot of wall coverings," she said. "People have been taking a lot of modern wall coverings and using more kid-friendly colours to create a balance between modern trends and what a kid might like."

While there may be a lot of decisions around paint and furnishings, according to Hageland the most important thing is to create a space both parents and children want to spend time in.

"It should also be warm and inviting, and easy for kids," she said. "Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room."

Sleeping in a playground

"Make shelves accessible for them and create neat little spaces, like the teepee tents that are popular now. It is so cool when there is a fort or a swing in the room." Kristine Hageland, Victoria-based interior designer

THE CANADIAN PRESS

LASALLE COLLEGE INTERNATIONAL
STUDY ON CAMPUS OR ONLINE
Fashion Design | Fashion Merchandising | Interior Design
Jewellery Design | 2D/3D Animation | Graphic Design
Video Games | Administrative Assistant
MAKE IT HAPPEN!
REGISTRATION IN PROGRESS | Classes start January 6
lasallecollegevancouver.com | 604 683-2006
Member of the LaSalle International Network

1 8 8 KEEFER 禄

An example of creative envisioning, excellent timing, progressive financing, and a key location – **188 Keefer** offers **panoramic view homes**, **luxurious interiors** and over 6,500 square feet of **indoor and outdoor amenities**.

DOWNTOWN VANCOUVER'S BEST VALUE

Over 60% Sold. Limited 1 Bedroom Opportunities Remain. Don't Miss This Opportunity.

Visit Us Today to See Why 188 Keefer is the #1 Choice for Affordable Vancouver Living

1 BDR + DEN from $289,900
2 BDR from $399,900
3 BDR + DEN from $529,900

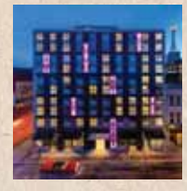
188 Keefer Sales Centre
190 Keefer Street, Vancouver
Open Daily 12 – 5PM, Closed Fridays

Subscribe Now
188KEEFER.COM
604 620 2018

westbank

Shangri-La Vancouver

Fairmont Pacific Rim


60 W. Cordova

Woodward's

TELUS Garden

PRICE AND AVAILABILITY SUBJECT TO CHANGE WITHOUT NOTICE. THIS IS NOT AN OFFERING FOR SALE. ANY SUCH OFFERING MAY ONLY BE MADE BY WAY OF DISCLOSURE STATEMENT. E.&O.E.

magnum projects ltd.

Many generations under one roof

Living arrangements. Both in TV and in real life, extended families are living together in increasing numbers

With a baby on the way, Will Stroet and his wife, Kim The, realized their two-bedroom condo — which doubled as a work space — simply wasn't going be sufficient.

Fortunately, the couple received an offer that was too good to pass up: an invitation from Stroet's parents, Bill and Marion, to move in.

Their daughter, Ella, is now 3 1/2. Four years since they laid down roots in a duplex in the Vancouver neighbourhood of Kitsilano, they're all still there: grandparents, parents and child, together under one roof.

"It's not only that we have more space, we also have the benefit of having my parents around and they can help with child care," said Stroet, 35, a children's musician and star of Will's Jams airing on Kids' CBC.

"We keep an eye on the house when they're both away. ... They like knowing that there's someone here keeping an eye on things. It's pretty good."

Art has imitated life of late with multigenerational family living providing comedic fodder on TV. The short-lived How to Live with Your Parents (for the Rest of Your Life) featured Ottawa-born Sarah Chalke as a single mom moving back in with her parents following divorce. Freshman sitcoms Dads and The Millers centre on parents who move in with their adult children.

According to Statistics Canada, the 2011 census revealed there were 362,600 multigenerational households among more than 13 million private households across the country. Among them, the middle generation in 60.1 per cent of homes included a couple with children, while 36.5 per cent were lone parents.

There was also an increase in the number of children sharing homes with their grandparents — including living arrangements where a parent may or may not be present.

Quoted

"I think everyone benefits from (sharing a home). I know my daughter really loves it, my parents really love it, and honestly, I really like it, too." Musician Will Stroet

More than 269,000 kids aged 14 and under — or 4.8 per cent — lived with at least one grandparent in 2011, compared to 3.3 per cent in 2001.

In many cultures, the concept of multiple generations of families living together is quite typical and expected, noted Lynda Ashbourne, a family researcher and family therapist.

"There are culturally constructed roles for what the grandparents will do, what the parents will do, who shares in looking after children in the household and who brings in income and works outside of the home," said Ashbourne, an associate professor in the department of family relations and applied nutrition at the University of Guelph.

Will Stroet along with his wife Kim The and three-and-a-half-year-old daughter Ella live under the same roof with Will's parents Bill and Marion Stroet in Vancouver. JONATHAN HAYWARD/THE CANADIAN PRESS

Where problems may arise is when cultural expectations and ideas about family run counter to what was previously viewed as the norm. "What becomes more challenging is if you've grown up in a culture or family that really kind of privileges or honours the idea of independence and self-sufficiency," Ashbourne said.

Yet for some families, surging costs of housing, child care and the need to be in close proximity to aging or ailing relatives makes the option of sharing a space appealing. And beyond the inherent financial benefit, living in close quarters with members of the extended family is viewed by those who've embraced the concept as a way to further strengthen familial ties.

Stroet said that there is a "communal feel" to sharing a home with his parents. "It's not the sort of feeling that we're in two very separate living spaces. We have our own privacy and everything, but we definitely interact a lot, and certainly a lot more than we would if we were living somewhere else.

THE CANADIAN PRESS

BCIT elevates.

Advance your career and gain a better understanding of the world of accounting or finance. The BCIT School of Business Financial Management department offers many courses that you can take part time.

Our programs are recognized by professional designations, including CA, CGA, CMA, CFA, and CFP.

Find out which course is best for you:
bcit.ca/business/financialpts

BCIT SCHOOL OF BUSINESS
Real Experience. Real Results.

THE SAMPLE SALE GUYS
NOVEMBER 14-17 2013
4 DAY SALE
BLACK FRIDAY
DESIGNER CLOTHING SALE
40%-80% OFF
THURSDAY NOV 14 (11AM - MIDNIGHT)
FRIDAY NOV 15 (11AM - MIDNIGHT)
SATURDAY NOV 16 (11AM - 10PM)
SUNDAY NOV 17 (11AM - 8PM)

MICHAEL KORS, WILDFOX, SUPER DRY, ROCK REVIVAL, TOM SHOES, KATE SPADE, MARC JACOBS, NUDIE, TRUE RELIGION, GSTAR, JUICY COUTURE, RAG + BONE, DIESEL, CITIZENS OF HUMANITY, SEVEN FOR ALL MANKIND, HUDSON JEANS, AG, BIKKEMBERG, LACOSTE, JAMES PERSE, NAKED ZEBRA, STEVE MADDEN, LUMIERE, LUCY & CO, CANADA GOOSE, BENCH, MOOSE KNUCKLE AND MORE.

EMPIRE LANDMARK HOTEL VANCOUVER
OPEN TO THE PUBLIC
WE ACCEPT VISA, MASTERCARD, DEBIT, CASH
WOMENS & MENS COLLECTION . FULL SIZE RANGE
DENIM, HAND BAGS, JACKETS, SHOES, SWEATERS AND MORE
EMPIRE LANDMARK HOTEL . 1400 ROBSON ST. VANCOUVER, BC

THESAMPLESALEGUYS.COM OR 604.283.9393
10% OFF WITH THIS AD*
*CASH ONLY . SOME RESTRICTIONS APPLY

Microsuites, 1 & 2 Bedroom condos | Starting from only $119,900
#114 -10768 Whalley Blvd., Surrey
604.424.8900 • www.liveatbalance.com

BALANCE

*Ask sales representative for more information. Subject to qualification.

Customized luxury townhomes and garden suites starting at $258,800.

9691 Alberta Rd. Richmond
Register now for VIP priority

JADE

This is not an offering for sale E.&O.E.

www.jadeliving.com

Yaletown inspired condos & loft townhomes starting at $159,900.

#114 - 10768 Whalley Blvd., Surrey
Call us for more information 604.581.800

Quattro 3 be connected

www.quattroliving.com

3 Bedroom maritime inspired townhomes starting at $399,900.

#22 - 1111 Ewen Ave., New Westminster
Call us for more information 604.517.1688

ENGLISH MEWS 2

www.englishmews.com

TIEN SHER GROUP OF COMPANIES

please visit us at TIENSHER.COM

HEAD TO THE TOP AT SOLO DISTRICT

If you are looking for views, head to the top of Burnaby at SOLO District, a new condo development in North Burnaby by Appia Developments. At 550 feet tall, Altus, one of the development's towers, will be the tallest building in the city, with expansive views of Metro Vancouver, Mount Baker and the North Shore mountains.

But the folks at Appia Developments know that height isn't everything. Once Altus is completed in 2016, SOLO District will be a master-planned community of homes that are luxurious in quality, affordable in price, and designed with families in mind. Altus and its sister condo tower, Stratus, are now selling.

"Yes, the views are spectacular, but when you look inward, it's the homes that really make SOLO District so livable," says Lisa Murrell, sales and marketing manager at Appia Developments, the developer of the new SOLO District neighbourhood.

When homebuyers walk into their new homes, they will notice the quality immediately in the interior design, which comes in one of two neutral colour schemes by Cristina Oberti — Grigio or Noce.

Every home features high-quality finishings including Italian Armony Cucine cabinetry, Kohler fixtures, polished quartz countertops, engineered laminate wood flooring and custom roller blinds.

Nine-foot ceilings, seven-foot doors and large windows in the homes make the most of natural light.

"Families will be impressed with the homes beyond their looks," Murrell says. "We designed them with the idea that every household task should be as easy as possible. That applies to cooking, storage, cleaning — you name it."

The prices are equally practical. Homes at Altus tower start in the low $300,000s and range from 539-square-foot one bedrooms to 1,709-square-foot three-bedroom penthouses.

"SOLO District's balance between luxury and affordability are what make it stand above the rest."

For more, visit solodistrict.com.

SUSTAINABILITY

When they look for a home, today's families are going for long-term value, says Lisa Murrell, sales and marketing manager at Appia Developments, the builder of SOLO District, a master-planned community of condos now for sale in North Burnaby.

That's why Appia went the extra mile and made sure all the towers at SOLO District were designed to be LEED Gold equivalent, including a geoexchange heating and cooling system in each.

"The system is cutting edge," Murrell says. "Not a lot of other developments have it, but it makes so much sense."

The geoexchange system reduces the need for energy usage in the building and saves residents money on energy bills — it's not only environmentally friendly, but easy on the pocketbook, Murrell says.

"We knew buyers would see the geoexchange system as an investment in their future and their children's future."

CONTRIBUTED

CONTRIBUTED

COMMUNITY OFFERS DIVERSE ACTIVITIES

New homeowners at SOLO District, a new condo development in North Burnaby, will have one of the best neighbourhoods in the city for raising kids, says Lisa Murrell, sales and marketing manager at Appia Developments, the developer of SOLO District.

"We're getting lots of families buying homes here," Murrell says. "We designed it to be a hub of activity, and that's what it's definitely shaping up to be."

SOLO District is a master-planned community designed to bring even more of that community feeling.

"We planned the neighbourhood carefully so that it's diverse and has a range of spaces and activities available for residents," Murrell says.

The community will be made up of 1,400 condo homes in four towers, with plentiful common green space, and 100,000 square feet of retail space, including a Whole Foods grocery store, cafés and other retail.

"It will be perfect for parents who need to pop down to the grocery store to get milk, or for kids who want a green space to play," Murrell says.

Brentwood Park Elementary School and Madison Children's Centre are a short walk from SOLO District, and two of Burnaby's acclaimed post-secondary schools, BCIT and Simon Fraser University, are just a short transit ride away.

Green spaces abound, both in nearby parks and within the SOLO District development.

"They're a perfect place to take the kids to get that energy out," Murrell says.

In the Altus tower, Club 55 is a unique, 5,000-square-foot amenity space where residents can relax in the rooftop lounge, or host barbecues. Level 15 of Altus will provide a smaller, more secluded patio.

SOLO DISTRICT SETS A NEW RECORD

THE FASTEST SELLING HIGH QUALITY COMMUNITY 350 SUITES SOLD

The majority of buyers will call this community home (versus simply investing) – this is a breakthrough in real estate history

SOLO™ DISTRICT

THE JIM BOSA PERFECT HOME OWNERSHIP PLAN

To create this iconic community of intelligent owners, Jim Bosa's Appia Development introduces the PERFECT HOME OWNERSHIP PLAN to enable buyers to own and live in the Community.

FOR THE NEXT 75 QUALIFIED BUYERS*, GROUNDBREAKING INCENTIVES INCLUDE THE FOLLOWING OPTIONS:

- **Mortgage Payment Savings of up to 40%**
- **A "Commute Subsidy" For Those Who Commute Beyond A 3 Kilometre Radius From SOLO District**
- **No Payment For 120 Days**
- **Cash Subsidies Worth Thousands Of Dollars**

REGISTER NOW TO BE ONE OF OUR 75 PERFECT HOME OWNERSHIP BUYERS

COMING THIS FALL SOLODISTRICT.COM

604.298.8800 · LOUGHEED & WILLINGDON · 9 FOOT CEILINGS · CENTRAL AIR CONDITIONING
GEOTHERMAL HEAT EXCHANGE · PANORAMIC VIEWS · STEPS TO SKYTRAIN – DOWNTOWN IN 20 MINS

FORTIS BC™ magnum projects ltd. APPIA DEVELOPMENT BUILDING ON THE BOSA LEGACY

*Conditions and restrictions apply. This is not an offering for sale. Any such offering can only be made by way of disclosure statement. E.&.O.E.

STEP UP AND SHOW YOUR SUPPORT

With 371 million people around the world living with diabetes and another 280 million at high risk of developing the disease, World Diabetes Day has never been more important.

World Diabetes Day is an international campaign to raise the awareness of diabetes and the importance of diabetes education and prevention.

The campaign was introduced in 1991 by the International Diabetes Federation (IDF) and the World Health Organization, and it is held every year on Nov. 14. The IDF is an umbrella organization of more than 200 national diabetes associations in more than 160 countries.

The months leading up to World Diabetes Day are when communities really step up to show their support and make it a global event.

Initiatives ranged from diabetes' counselling open houses in Australia and new healthy items on restaurant lunch menus in Brussels, Luxembourg and Strasbourg to "Blue Friday" screening days in El Salvador, benefit soccer matches in Spain, and a three-day diabetes paddle challenge in Bahrain.

ISTOCK/THINKSTOCK

Online, Take a Step for Diabetes invited individuals and groups to make symbolic donations of step (at steps.worlddiabetesday.org) to raise awareness. The website kept a running tally of what steps were taken, how many, and by whom. Almost 600 groups and individuals around the world participated in a variety of ways, such as wearing blue for diabetes (that counted for 200 steps), doing an hour of moderate intensity physical activity (2,000 steps), organizing a diabetes walk (5,000 steps), and lighting a monument or building in blue (5,000 steps). The goal of 371 million steps was surpassed well ahead of the deadline, which coincides with the World Diabetes Congress Melbourne 2013 in early December.

Visit idf.org/worlddiabetesday/activities for more information and to support the important initiative yourself.

HAPPY BIRTHDAY

While World Diabetes Day campaigns last the entire year, the day itself marks the birthday of Sir Frederick Banting. The Canadian scientist and doctor discovered insulin with Charles Best in 1922. The discovery is credited for saving millions of lives. Banting was awarded the Nobel Prize in physiology or medicine in 1923.

Comfort food gets healthy with this stew-pendous stracotto

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 1/2 lbs extra-lean beef stewing meat, cut into 1-inch cubes
- 1 onion, diced
- 1/2 cup chopped green onions
- 3 cloves garlic, minced
- 1/2 cup red wine
- 1 cup no-salt-added whole peeled tomatoes, chopped
- 1 can (5.5 oz/156 mL) no-salt-added tomato paste
- 4 cups beef broth
- 3/4 cup water
- 1 1/2 cups diced celery
- 2 tbsp chopped fresh sage leaves, or 1 tsp dried sage
- 2 to 3 bay leaves
- 1 tsp Italian herb seasoning
- Ground black pepper
- 1 cup cubed sweet potato
- 1 cup diced carrots
- 1/2 cup chopped fresh parsley
- 1 tbsp cornstarch

1. In a large stock pot, heat oil over high heat. Pat meat dry and add it to pot; stir continuously until browned, about 2 to 3 minutes.

2. Add onions and garlic. Stir continuously, scraping up the bottom brown bits, about 2 minutes. Stir in wine, tomatoes and tomato paste until well combined. Add beef broth, water, celery, sage, bay leaves, Italian herb seasoning and black pepper. Reduce heat to medium-low. Cover and simmer, stirring occasionally, for 1 1/2 hours. Add sweet potatoes, carrots and parsley during the last 30 minutes.

3. Combine cornstarch with 2 tbsp water; stir and add into the stew. Simmer for 5 minutes to thicken stew, remove and discard bay leaves and serve. I like this smothered over brown rice or whole wheat couscous.

Make ahead:

Because extra-lean cuts of beef can vary in tenderness and texture, the longer they simmer the more fall-apart delicious they become. Make this stew the day before and heat it up just before serving.

Florentine Tomato-based Beef Stew (Stracotto alla fiorentina)

This recipe serves 6. ALL PHOTOS COURTESY OF MICHAEL RAO

ALL RECIPES EXCERPTED FROM THE HEALTHY ITALIAN: COOKING FOR THE LOVE OF FOOD AND FAMILY BY FINA SCROPPO, COPYRIGHT 2013 BY DANVID & COMPANY INC. USED BY PERMISSION OF DANVID & COMPANY INC. VISIT THEHEALTHYITALIAN.CA. ALL RIGHTS RESERVED. NO PART OF THIS EXCERPT MAY BE REPRODUCED EXCEPT WITH PERMISSION IN WRITING FROM THE PUBLISHER.

The Healthy Italian

Italian cuisine doesn't have to be fatty

The word "healthy" isn't typically associated with Italian cuisine but Fina Scroppo is out to change that. Her book, The Healthy Italian, proves you can enjoy all your favourites — like Sicilian pizza, Italian-style meatloaf, rice balls and chocolate-pear torte — without loading your plate with fat and calories. Aside from mouth-watering recipes, The Healthy Italian is packed with tips, make-ahead options, nutrition information and photo essays that celebrate the Italian heritage. METRO

Putting the sweet in potato and fresh herb croquettes

This recipe makes 25 to 28 croquettes.

Ingredients

- 3 large baking potatoes
- 1 large sweet potato
- 2 tbsp 1% milk
- 1 tbsp light butter, melted
- 1 egg, beaten
- 1/4 cup shredded light provolone or part-skim mozzarella cheese (91 oz/28 g)
- 4 tbsp freshly grated Parmigiano-Reggiano cheese
- 1 clove garlic, minced
- 1/4 cup minced fresh parsley
- 2 tbsp minced fresh basil
- 1/2 tsp sea salt
- Freshly ground black pepper to taste
- 2 cups spelt bread crumbs
- 1/2 cup egg white

1. Cut potatoes in half and cover completely in a pot of water. Bring to a boil and cook for 30 minutes, until tender when centres are poked with a fork. Drain and let cook slightly.

2. Remove skins and hand-mash potatoes in a large bowl until completely mashed. Add milk and butter and toss to cool a little more before handling. Add egg, cheeses, garlic, parsley, basil, salt and pepper; toss well to combine. Refrigerate mixture for 30 minutes.

3. Preheat oven to 425 F.

4. Pour bread crumbs into shallow dish or pie plate, half at a time to avoid clumps. Pour egg white into another shallow dish. Measure out 2 heaping tbsp of potato mixture and shape into 1 x 3-inch-long rolls. Coat with bread crumbs, dip one side into egg white and roll in the palm of your hand to coat all sides, then dip again into bread crumbs. Place on a baking sheet lined with foil paper. Spray tops and sides (about 5 seconds) with cooking spray and cook until golden, about 20 to 25 minutes on middle oven rack.

4. Serve with a marinara sauce or tomato salsa.

LEARN MORE JOIN US AT
OXFAMUNWRAPPED.CA

PLAN FOR SAVINGS

GET A HEAD START FOR HOLIDAY SHOPPING DEALS

COLOURBOX

Canadians are making their lists, checking them twice and then crossing out the names of loved ones to help cope with holiday financial stress.

That's right, a recent survey by RetailMeNot.ca found that nearly eight in 10 Canadian consumers (79 per cent) indicated that the cost of gift giving was a top stress during the holiday season.

The No. 1 way Canadians are coping? According to the survey, they are limiting the number of people on their gift-giving lists (34 per cent). Other stress triggers, such as buying food (eight per cent), hosting parties (eight per cent), travel expenses (seven per cent) and decorations (a measly one per cent) don't even come close.

This season, RetailMeNot.ca is teaming up with Smart Cookies, the daily guide to living a sweet life debt free, to help Canadians curb the stress while saving dough on all the jingle bells and whistles they need to purchase this season.

"With the vast majority of Canadians feeling the pressure to stick within their budgets this year, the time to start planning is now," says Angela Self, a co-founder of Smart Cookies. "People want deals on travel, gifts, holiday meals and decorations from the names they trust, and RetailMeNot is part of the holiday solution this festive season."

Self and Katie Dunsworth from Smart Cookies shared a few insider tips to kick-start the savings:

Shop online in advance: In addition to the great savings you will find online, you will also save by selecting free or standard shipping as there will be plenty of time for your items to arrive. Aim to have all presents arrive by Dec. 20 since this is the last Friday before Christmas.

Score big savings by booking basic travel: Chances are your holiday travel schedule will be packed and planned to the minute. If you know your travel dates, choose the trains, planes and automotive (rental) deals with the least flexibility. This can save hundreds of dollars over options with more flexibility and no cancellation fees.

Extend your holiday shopping budget with coupons: Gone are the days of hours spent clipping coupons —using coupons online and through apps is easier than ever. There is no excuse to buy anything, whether it's in-store or online, without checking if there are savings to be had first.

Set a time limit: Avoid overspending this holiday season by setting a strict time limit when you shop. Whether you are shopping at the mall or online, set an appointment for yourself 30 minutes or an hour after start. Whether it's a hair appointment or a coffee date with a friend, knowing you are on a strict time limit while you shop will help you stay focused, stick to your list and keep on budget.

How can you improve your
financial well-being
with your credit card?
enviro™ Visa*
Vancity
Make Good Money™
Take 5 steps toward credit card happiness. Visit vancity.com/5steps
enviro (TM), Make Good Money (TM), and Vancity (TM) are trademarks of Vancouver City Savings Credit Union. *Visa Int./Vancity, Licensed User.

NBA

Mozgov leads Nuggets past struggling Lakers

Timofey Mozgov matched his career high with 23 points, and the Denver Nuggets beat the Los Angeles Lakers 111-99 on Wednesday night to win consecutive games for the first time this season.

First-year Nuggets coach Brian Shaw, who was part of five championship teams with the Lakers as a player and assistant coach, beat Los Angeles in his first matchup against his former team.

Kenneth Faried added 21 points and Ty Lawson had 19 for the Nuggets, who won their fourth straight against the Lakers.

THE ASSOCIATED PRESS

Cycling

IOC not backing down on Armstrong ban

IOC President Thomas Bach opposes any lessening of Lance Armstrong's lifetime doping ban, saying Wednesday that any appeals for leniency by the disgraced American rider are "too little, too late."

After urging the World Anti-Doping Agency to introduce tougher punishments for drug cheats, Bach said Armstrong has not made a "real admission" and his ban should not be reviewed. THE ASSOCIATED PRESS

NFL

Former Bear sentenced for role in drug scheme

Former NFL wide receiver Sam Hurd was sentenced Wednesday to 15 years in prison for his role in starting a drug-distribution scheme while playing for the Chicago Bears, completing a steep downfall that ended his football career and left his future in tatters.

Hurd, 28, received the punishment in a federal courtroom in Dallas after pleading guilty in April to one count of trying to buy and distribute large amounts of cocaine and marijuana. The charge carried a minimum 10-year sentence and a maximum of life.

THE ASSOCIATED PRESS

Booth feels ready for NHL return

NHL. Canucks winger looks to get his game on track after conditioning stint with AHL's Utica

CAM TUCKER
cam.tucker@metronews.ca

David Booth has rejoined the Canucks after a three-game conditioning stint in Utica. BEN NELMS/GETTY IMAGES

David Booth spoke highly of his brief time with the Utica Comets. John Tortorella spoke highly of David Booth for agreeing to go to Utica.

Now the wait begins to see if this recent assignment translates into success for Booth, who has endured his share of struggles with the Canucks.

Nine days ago, the Canucks dispatched the oft-injured Booth to their American Hockey League affiliate in upstate New York for a three-game conditioning stint, shortly before hopping on a plane to begin their own four-game road trip.

In three games with the Comets, Booth recorded one assist and six shots on goal.

"I had a good time down there. It was fun playing a lot," said Booth after Wednesday's practice.

"You don't (overthink) the game, you just kind of go out and play. That's something I haven't done in a long time."

Booth is expected back in Vancouver's lineup Thursday, when the Canucks host the San Jose Sharks at Rogers Arena in the first of a six-game home stand.

He skated on a line with Brad Richardson and Zack Kassian on Wednesday.

Coming off a suspected groin ailment suffered in New Jersey on Oct. 24, the 28-year-old Booth had to agree to the assignment to Utica. He gained praise from Tortorella, the Canucks bench boss, for doing that.

"Honestly, I thought it was a great idea," said Booth.

"It just makes such a difference in how you feel on the ice, your confidence, your momentum throughout the game. This is the best I've felt all year for sure."

But will this be of benefit to both he and the Vancouver Canucks? The first wave of results should come Thursday.

"It shows me and the organization that he wants to get better," said Tortorella.

"I just want him to let himself go and play because he's a pretty good player. He's a really good player when he's on ..."

Injury update

Hansen out of lineup vs. Sharks

Canucks winger Jannik Hansen took part in practice Wednesday, but will not play Thursday.

He's missed the last nine games with a shoulder injury, however, because he's on long-term injured reserve, Hansen must sit out at least one more game before returning to the lineup.

He could play Sunday against the Dallas Stars, however head coach John Tortorella said Hansen was "day-to-day."

Henrik Sedin missed Wednesday's practice due to what twin brother Daniel called "family matters."

Tortorella said that Henrik Sedin is expected to play Thursday.

Stars defenceman Sergei Gonchar celebrates his goal on Wednesday night in Edmonton. GETTY IMAGES

NHL. Oilers sink to new low vs. Stars

Kari Lehtonen only needed to make 22 saves to record his 23rd career shutout as the Dallas Stars defeated the struggling Edmonton Oilers 3-0 on Wednesday night.

Rich Peverley, Antoine Roussel and Tyler Seguin scored for the Stars (9-7-2), who have won four of their last five games.

The woes continue for the Oilers (4-14-2), who have lost four in a row and gone 1-8-1 in their last 10 to slip to second last in the NHL.

It was the third consecutive home game the Oilers have been shut out, setting an unfortunate new franchise-worst record.

Edmonton has only scored two goals in its last five home games.

There was a good pace to start the game as the Stars controlled much of the early play, but the Oilers had by far the best chance to that point when Jordan Eberle got the puck in tight in front of the net, only to robbed by an impressive glove save by Lehtonen. Edmonton's Sam Gagner hit the crossbar two minutes later.

The game remained scoreless through the first with the Stars getting 11 shots on Edmonton goalie Devan Dubnyk and the Oilers responding with nine.

After the Oilers continued to squander power-play opportunities, including a lengthy 5-on-3 early in the second, Dallas took a 1-0 lead. THE CANADIAN PRESS

4 SPORTS

ADESA RICHMOND PUBLIC AUTO AUCTION

AUCTIONS EVERY:
WEDNESDAY @ 7PM
SATURDAY @ 10AM

WE CAN SELL YOUR CAR!

ADESA RICHMOND

16179 BLUNDELL ROAD, RICHMOND, BC
ADESARICHMOND.CA • 604.233.7333

Hendricks, GSP spar over doping

UFC 167. Bigg Rigg's latest lash-out adds to trail of bickering leading up to Saturday

The fight isn't until Saturday night but the gloves came off Wednesday in the buildup to UFC 167.

"I can't wait to freaking deck the crap out of him," challenger Johny (Bigg Rigg) Hendricks said of UFC welterweight champion Georges St-Pierre. "I want his eyes to roll back in his head. That's my goal."

Hendricks, who has said in the past that he has nothing against the Canadian champion, tried to take the edge off those words by saying he approached every bout that way.

But the two fighters' bickering over drug-testing has been bubbling for some months now and the debate boiled over Wednesday when Hendricks, apparently irate at a comment GSP made in a TV interview minutes earlier, essentially accused St-Pierre of using performance-enhancing-drugs.

"Have you seen him in the last two months?" Hendricks asked. "He's shrunk a little bit hasn't he?"

Hendricks (15-1) also pointed to St-Pierre's buff body in the cage after rehydrating following the weigh-in the day before fights.

"Check out my pictures, I'm fat.... You don't gain 15, 20 pounds and still get that form. Everybody bloats a little bit. You don't put 20 pounds of water in your system without ballooning."

Hendricks will weigh in Friday at 170 and then enter the cage Saturday night at around 195-200.

THE CANADIAN PRESS

Johny Hendricks fights Montreal's Georges St-Pierre at UFC 167 this Saturday night. GETTY IMAGES

Pre-fight blows

"What I don't have respect for is him saying I'm on steroids when he knows nothing about me."

Johny Hendricks, on GSP

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	18	13	5	0	56	43	26
Boston	17	11	5	1	48	30	23
Toronto	18	11	6	1	52	42	23
Detroit	19	9	5	5	47	51	23
Montreal	19	9	8	2	49	42	20
Ottawa	18	7	7	4	53	56	18
Florida	19	4	11	4	40	66	12
Buffalo	20	4	15	1	36	63	9

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	18	11	7	0	51	42	22
Washington	19	10	8	1	61	55	21
NY Rangers	18	9	9	0	41	49	18
Carolina	18	7	7	4	34	49	18
New Jersey	18	6	7	5	38	46	17
NY Islanders	19	7	9	3	54	61	17
Philadelphia	18	7	10	1	33	45	15
Columbus	17	6	10	1	44	50	13

Wednesday's results
Minnesota 2 Toronto 1 (SO)
Philadelphia 2 Pittsburgh 1
Dallas at Edmonton
Tuesday's results
Buffalo 3 Los Angeles 2 (SO)
Carolina 2 Colorado 1
NY Islanders 3 Nashville 1
Washington 4 Columbus 3 (OT)
New Jersey 3 NY Rangers 2
Winnipeg 3 Detroit 2 (SO)
Florida 3 Anaheim 2
Philadelphia 5 Ottawa 0
Tampa Bay 2 Montreal 1 (SO)
Phoenix 3 St. Louis 2 (OT)
San Jose 3 Calgary 2 (OT)

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	17	14	3	0	55	30	28
Chicago	18	12	2	4	66	49	28
Minnesota	19	11	4	4	50	41	26
St. Louis	16	11	2	3	54	37	25
Winnipeg	20	9	9	2	53	57	20
Dallas	17	8	7	2	46	52	18
Nashville	18	8	8	2	38	57	18

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	20	15	4	1	68	48	31
Phoenix	19	13	4	2	63	58	28
San Jose	18	11	2	5	66	43	27
Vancouver	20	11	7	2	54	54	24
Los Angeles	18	11	6	1	52	44	23
Calgary	18	6	9	3	49	64	15
Edmonton	19	4	13	2	48	75	10

Note: Two points for a win, one point for overtime loss.

Thursday's games — All Times Eastern
Los Angeles at NY Islanders, 7 p.m.
Columbus at Boston, 7 p.m.
Anaheim at Tampa Bay, 7:30 p.m.
Phoenix at Chicago, 8 p.m.
Colorado at St. Louis, 8 p.m.
Dallas at Calgary, 9 p.m.
San Jose at Vancouver, 10 p.m.
Friday's games
Anaheim at Carolina, 7 p.m.
Los Angeles at New Jersey, 7 p.m.
Nashville at Pittsburgh, 7 p.m.
Montreal at Columbus, 7 p.m.
Toronto at Buffalo, 7 p.m.
Washington at Detroit, 7:30 p.m.
Boston at Ottawa, 7:30 p.m.
Florida at Minnesota, 8 p.m.
Philadelphia at Winnipeg, 8 p.m.
San Jose at Edmonton, 10 p.m.

MLS PLAYOFFS

CONFERENCE FINALS

(2 games, total goals)
Saturday, Nov. 23 — All times Eastern
Houston at Kansas City, 7:30 p.m.
Sunday, Nov. 24
Salt Lake at Portland, 9 p.m.

CHAMPIONSHIP

Saturday, Dec. 7
East champion vs. West champion, 4 p.m.

CFL PLAYOFFS

DIVISION FINALS

Sunday's games — All times Eastern
Hamilton vs. Toronto, 1 p.m.
Saskatchewan vs. Calgary, 4:30 p.m.

GREY CUP

At Regina, Saskatchewan
Sunday, Nov. 24
East champion vs. West champion, 6 p.m.

NFL

Thursday's game — All times Eastern
Indianapolis at Tennessee, 8:25 p.m.
Sunday's games
Baltimore at Chicago, 1 p.m.
Arizona at Jacksonville, 1 p.m.
Detroit at Pittsburgh, 1 p.m.
Oakland at Houston, 1 p.m.
N.Y. Jets at Buffalo, 1 p.m.
Cleveland at Cincinnati, 1 p.m.
Washington at Philadelphia, 1 p.m.
Atlanta at Tampa Bay, 1 p.m.
San Diego at Miami, 4:05 p.m.
San Francisco at New Orleans, 4:25 p.m.
Green Bay at N.Y. Giants, 4:25 p.m.
Minnesota at Seattle, 4:25 p.m.
Kansas City at Denver, 8:30 p.m.
Monday, Nov. 18
New England at Carolina, 8:40 p.m.

NBA

Wednesday's results
Philadelphia 123 Houston 117
Orlando 94 Milwaukee 91
Charlotte 89 Boston 83
Toronto 103 Memphis 87
Minnesota 124 Cleveland 95
New York 95 Atlanta 91
San Antonio 92 Washington 79
L.A. Lakers at Denver
New Orleans at Utah
Brooklyn at Sacramento
Phoenix at Portland
Oklahoma City at L.A. Clippers
Tuesday's results
Miami 118 Milwaukee 95
Dallas 105 Washington 95
Golden State 113 Detroit 95
L.A. Lakers 116 New Orleans 95
Thursday's games
Houston at New York, 8 p.m.
Oklahoma City at Golden State, 10:30 p.m.
Friday's games
Chicago at Toronto, 7 p.m.
Milwaukee at Indiana, 7 p.m.
Portland at Boston, 7:30 p.m.
Dallas at Miami, 7:30 p.m.
Charlotte at Cleveland, 7:30 p.m.
Philadelphia at Atlanta, 7:30 p.m.
Minnesota at Denver, 8 p.m.
Brooklyn at Phoenix, 9 p.m.
San Antonio at Utah, 9 p.m.
Detroit at Sacramento, 10:30 p.m.
Memphis at L.A. Lakers, 10:30 p.m.

CFL

Bombers fire coach Tim Burke

The Winnipeg Blue Bombers announced Wednesday the firing of head coach Tim Burke, a move Wade Miller said was made the day before the "acting" tag was removed from his title of president and chief executive officer.

Burke became Winnipeg's interim head coach in August 2012 after Paul LaPolice was fired.

The Bombers finished with a league-worst 3-15 record this season, tying the club's lowest mark in an 18-game season.

THE CANADIAN PRESS

Baseball

Kershaw, Scherzer win Cy Young awards

Clayton Kershaw of the Los Angeles Dodgers and Max Scherzer of the Detroit Tigers have won baseball's Cy Young Awards.

Kershaw won the prize as the National League's best pitcher for the second time in three seasons after leading the majors with a 1.83 ERA.

The 25-year-old lefty with a big-breaking curve drew 29 of 30 first-place votes. Kershaw went 16-9 and topped the NL with 232 strikeouts.

He won the NL Cy Young in 2011 and finished second last year.

Scherzer won the AL honour after leading the majors in wins while going 21-3. He received 28 of 30 first-place votes.

THE ASSOCIATED PRESS

AHL

Jones leads Heat to win with five-point night

Blair Jones had three goals and two assists and the Abbotsford Heat won their eighth in a row, burning the Texas Stars 7-3 on Wednesday in AHL play.

Ben Street scored twice and added a pair of assists, and Corban Knight and Brett Olson also scored for Abbotsford (11-4-1).

Jones opened the scoring at 16:01 of the first, and Olson added a power-play goal 37 seconds later.

THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
You won't hesitate to criticize today if you believe that someone is behaving in a way that is unfair. Like your opposite sign of Libra you have a finely tuned sense of justice

♉ Taurus
April 21 - May 21
One little thing you do today could change a thousand things over the course of the next few months, so think carefully about ways you can make a difference and then act decisively.

♊ Gemini
May 22 - June 21
There is no reason at all why you should not be taking risks that can benefit you personally.

♋ Cancer
June 22 - July 23
Times may be tough but you are tough enough to face them and make something good of them.

♌ Leo
July 24 - Aug. 23
Try not to give loved ones the impression that you don't care what they are up to. It may only be an act on your part but if they feel you have no interest in what they are doing it will dampen their enthusiasm. Back them up.

♍ Virgo
Aug. 24 - Sept. 23
There is no point making threats or promises because they simply won't work – and the reason they won't work is because you have made them before and done nothing. It seems like your credibility needs a bit of work.

♎ Libra
Sept. 24 - Oct. 23
Get out into the world and have some fun. Whatever your troubles may be at the moment you won't make them better by worrying.

♏ Scorpio
Oct. 24 - Nov. 22
Whatever else you do today don't keep score. Life is not a contest to be won or lost but a game to be enjoyed and the planets indicate you will enjoy it so much more if you loosen up and forget about the rules for a while.

♐ Sagittarius
Nov. 23 - Dec. 21
You may want to help a friend in need but you also realize that they must learn from their own mistakes.

♑ Capricorn
Dec. 22 - Jan. 20
The future is not something you should be looking forward to and planning for – the future is here and now.

♒ Aquarius
Jan. 21 - Feb. 19
You can go where you want to go and do what you want to do – no one will stop you – but before you pack your bags and head for the horizon you must take care of an unresolved relationship issue. A simple "sorry" should be enough.

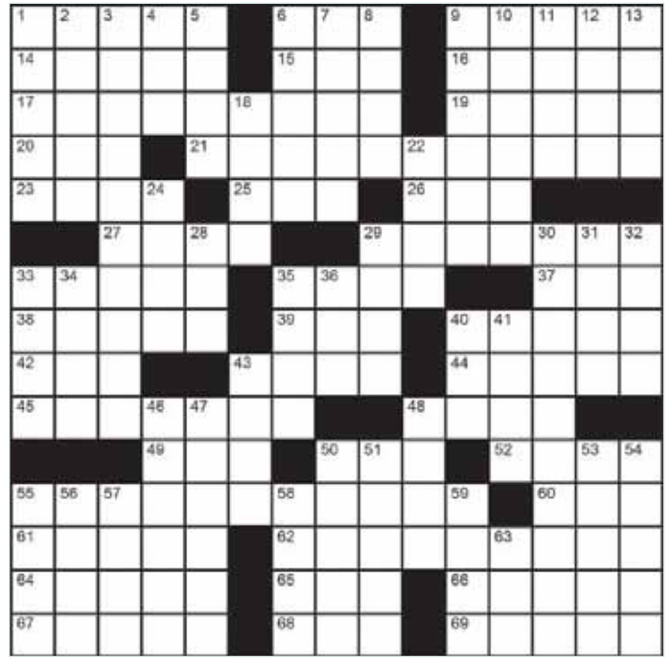
♓ Pisces
Feb. 20 - March 20
If a friend has let you down you don't have to make an issue of it. According to the planets they did not do it on purpose and are actually quite embarrassed, so let it go and let them make it up to you in their own way and time.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

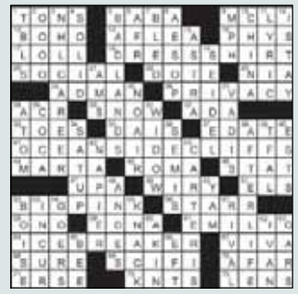
BY KELLY ANN BUCHANAN



Across
1. "The __ Mutiny" (1954)
6. Conned
9. Scale
14. British car, __ Martin
15. Poet's 'previously'
16. Golden '60s song, for example
17. Canadian-invented Trivial Pursuit, for one: 2 wds.
19. Wheezing noises
20. Prince Valiant's son
21. Nature government agency, __ Canada
23. Info given secretly to the press
25. 'Yes' on a yacht
26. Pastureland
27. Dryer's fluff
29. New __, Nova Scotia
33. In a bashful way
35. Scuffle
37. Fair-hiring letters
38. Urgency
39. Fireplace fixture
40. Breath whilst laughing
42. Keyboard key
43. Stitches
44. Places at a slant
45. Badgley __ (American fashion design duo)
48. Jason's craft
49. French for 'Goose'
50. Corny place
52. Elevs.
55. Bird found across Canada listed as 'threatened' on the Species at Risk Public Registry: 2 wds.
60. Smashing Pumpkins co-founder, James __
61. Horseback rider's straps
62. Natural __ Canada
64. Bandleader Mr. Shaw
65. Big Apple toy store, _ _ _ Schwarz
66. Glides like a bird
67. Slept a bit
68. RR depot
69. Alvin __ American Dance Theater

Down
1. Secretly conspiring group
2. "Oh, don't be _ __ loser!"
3. Pros in a Computer Dept., _ _ __
4. Neither's partner
5. The Neverending Story author, Michael __
6. Music genre, with Metal
7. Hollywood's Mr. Hammer
8. Red __, Alberta
9. Eye part
10. Andean animals
11. Still
12. Demeanor
13. Trump
18. Bug variety
22. Brit singer Mr. Murs
24. Bagpiper's outfit piece
28. 'The Science Guy', Bill __
29. Practical jokes
30. __ Survey of Canada
31. Astronomy's __ cloud
32. Soaks
33. Decorative pillow cover
34. Nickname of Nova Scotia's cap.
35. Bandmate to Anthony Kiedis
36. Make the kayak move
40. Gibraltar, e.g.
41. Near, fancy-style
43. Misrepresent
46. Ms. Nielsen of "Gladiator" (2000)
47. Showed disapproval as a cat
48. Peek-_-__!
50. Sports shoe's slip stopper
51. Elisabeth Moss' role on "Mad Men", Peggy __
53. "Ta-da!"
54. Flip
55. Mr. Pitt
56. Bubbly bar
57. Glamour
58. Pet store sounds!
59. 1970 Paul Newman movie about a radio station
63. French sovereign

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	1					7	
7					3		2	
8			5		7	9		
	1			4		8		3
5		3		6			1	
		4	7		2			1
	2		6					9
	7					6	3	

Yesterday's Sudoku

3	9	4	1	2	5	7	6	8
6	8	2	9	3	7	1	4	5
7	1	5	4	8	6	2	9	3
8	3	1	5	7	9	6	2	4
4	7	9	2	6	8	5	3	1
2	5	6	3	4	1	8	7	9
9	2	8	7	1	3	4	5	6
5	6	7	8	9	4	3	1	2
1	4	3	6	5	2	9	8	7

Today
10°/5°
Partly cloudy

Friday
8°/4°
Rain
70%

Know what the weather will be 14 days from now.
Check the 14 day trend.
TWN incorporates MSC data

visit metronews.ca
metro

FLIGHT CENTRE®
The Airfare Experts
1 866 519 5111
flightcentre.ca

Las Vegas
Flights + 3 Nights
from $225‡
INCLUDES flights from Bellingham and 3-star accom on the Strip.
UPGRADE to 4-star accom from $345.

Conditions apply. ‡Ex: Bellingham. Package prices are per person, based on double occupancy for total length of stay unless otherwise stated. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. BC REG: #HO2790

© 2013 Starbucks Coffee Company. All rights reserved.